

MAKE THIS YOUR BEST YEAR: 10 WAYS TO BOOST YOUR GYM TIME!

fitness

WORKOUT INSIDE!

TOTAL BODY FAT LOSS

3 MOVES PER DAY,
4 DAYS A WEEK

5 NEW FITNESS THINGS TO TRY IN 2016

CROSSFIT

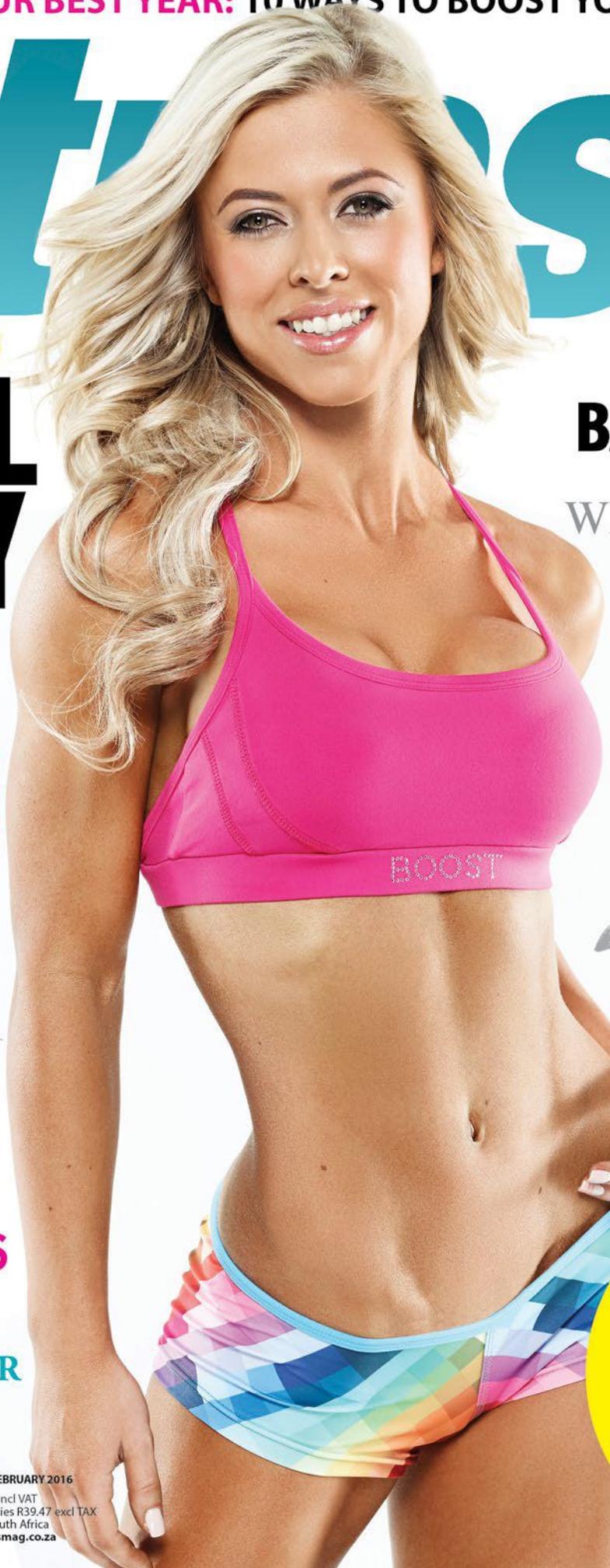
PLANNING YOUR YEAR AHEAD



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YOUR
DIET?

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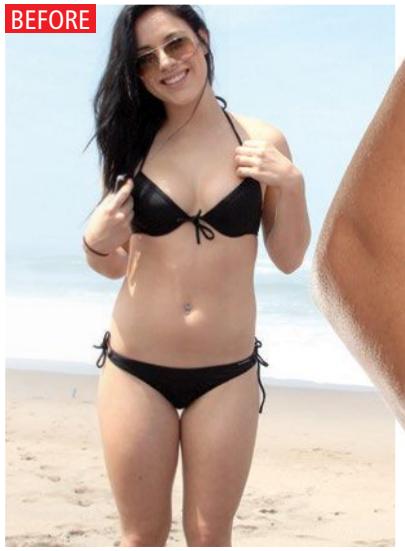
8.0 kg

AND 20% BODY FAT

Lara Ann Bester

2014/2015 USN FACE OF FITNESS WINNER

BEFORE



FACE THE
FAT
NEW YEAR'S
CHALLENGE

SET YOUR GOAL & WIN

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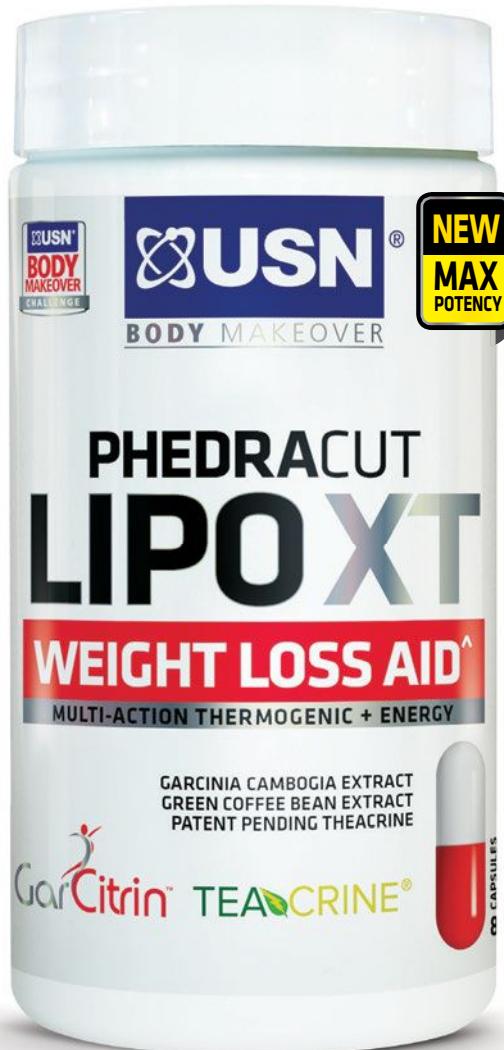
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*RESULTS MAY VARY. FOR ENHANCED RESULTS, COMBINE WITH A LEAN WEIGHT CONTROL EATING PLAN.

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www.boostgymwear.co.za
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QUALITY OF HER PHOTOS, HER PHYSIQUE,
PERSONALITY AND ATTITUDE!

**Read page
40 to find out
more!**

FAVOURITES THIS ISSUE:



PG 54 Total body circuit

Strapped for time? Squeeze these 4 workout circuits into your busy week for a full body blast!



PG 86 Mindful eating

Rediscover the link between your mind, the food you eat and successful weight loss!



RETHINK YOUR RESOLUTION

What if I told you that your New Year's resolution shouldn't be to start another diet.

Instead of worrying about your weight for yet another year perhaps it's time to start eating mindfully, and to educate yourself and your family about good nutrition. Your resolution then becomes applying these tips to your daily life.

Did you know that diets are largely ineffective in their ability to help you lose weight and keep it off? Studies have shown that the average person regains all the weight they lost within five years, while a staggering 40% of dieters will surpass their pre-diet weight. Think about that statement – with the typical diet-based approach to weight loss you're more likely to gain weight in the long run than to lose it!

If diets worked we'd all be thin already! So why do we keep doing the same thing and expecting different results? We're relying solely on willpower to muscle through a diet and because willpower is a limited resource, any strategy that relies on its consistent application is pretty much guaranteed to eventually fail, especially when your attention shifts to something else.

Also, dieting can lead to eating disorders, especially in young kids. Girls as young as 10 years of age are dieting which means our daughters are already measuring their worth by the wrong scale. So what's the answer?

Focus on prevention rather than cure. Prevent weight gain by sitting down to regular meals

without distraction. Give yourself permission to eat when you're hungry but learn what foods are most healthful. Think about how your body feels when you eat and let your hunger decide when you're done! It's tricky and will require some time to master, but it will deliver sustainable results in the long run.

Maybe it's time you rethink what your resolution actually means to you. Maybe your approach to the New Year should rather be about your health, your family's health and the longevity of your eating habits. Use the year to educate yourself about proper nutrition, the cooking options available to create equally great-tasting meals, and what macro and micro-nutrients your body needs!

With that, here's wishing you a healthy and fit 2016!

Enjoy this issue!

Tanya

**DON'T LIMIT YOUR
CHALLENGES.
CHALLENGE
YOUR LIMITS!**

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NEW ROUTE FOR IRONMAN AFRICAN CHAMPS

The Standard Bank Ironman® African Championship will undergo a route revamp ahead of the 2016 event on 10 April 2016 which should make for some fast racing in Nelson Mandela

Bay. Changes to each leg of the iconic event will give seasoned athletes a new challenge and offers first-timers a fast welcome to the race. The biggest and most significant change will be on the bike route due to major road works in the city centre, which has necessitated the change. However, the new bike course offers enhanced safety for athletes with full road closure and contains significantly fewer crossover points for motorists. Consequently, the new route will also have a smaller impact on the

city with access roads to Walmer, Summerstrand, Humewood and Port Elizabeth Airport all open to the public. The new route, which remains two laps of 90.1km, will now run almost completely along the coast. The run route undergoes its first change in 11 years, changing from three laps of 14.06km to four laps of 10.55km. The new run route gives athletes more time along Marine Drive where supporters will be in abundance and removes a dark and lonely stretch after the university back gate. The new rolling swim start system will also be introduced at this year's event to create a safer swimming environment for athletes as it alleviates the congestion of the mass start, reducing the chance of athletes being swum over.

FITNESS

TOP READS THIS MONTH

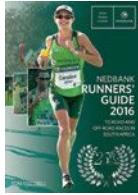
THE 2016 NEDBANK RUNNER'S GUIDE

By Tom Cottrell

The Runners' Guide is arranged alphabetically by running province. Races are presented in date order within each province. The 2016 edition features both road races and off-road races. There are four indexes: a date index in the front of the book and a name index at the back. The qualifying index lists the Comrades Marathon and Two Oceans qualifying races for the 2016 events and an index of sponsors and advertisers. All essential event information is included – the date, time and venue. The contact details are comprehensive and are well researched. The course descriptions are comprehensive and a great number of races show the route profile.

And with the Apple or Android app, users will be able to access the 2016 guide on their mobile device.

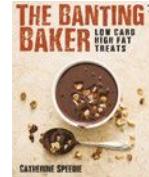
R220



THE BANTING BAKER: LOW CARB HIGH FAT TREATS

By Catherine Speedie

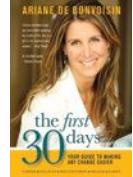
The low-carb high-fat diet, known more colloquially as the Banting diet, is about waking us up to what our bodies are naturally 'wired' for in terms of optimal sustenance and body weight. That said, giving up sweet treats and baked goods that are deeply associated with comfort, time-out and good times is not easy. This book will hopefully show you that the low-carb highway is not about deprivation but about substitution. It introduces readers to low-carb logic, and how to soak nuts and seeds and make meal and butter from nuts. It includes recipes for breakfast, snacks, breads, wraps, pizza and sweet treats. *Indulge in blueberry and almond muffins, baked berry pancakes with mascarpone, Banting coconut macaroons, cheesecake swirl brownies and 'top-deck' bliss bars.* R280



THE FIRST 30 DAYS

By Ariane De Bonvoisin

Since change is the only constant in life, it helps to have an expert navigate through the ups and downs of life. How good are you at change? The fact is, everyone experiences change in life. Whatever change you're experiencing – whether unexpected or planned – the first few days and weeks are often the hardest, most emotional time. It is the time when we have the most questions, emotions, doubts and fears. It is also the time when we are most in need of direction, information, inspiration, and support. Whether you are at the start of a change or far into it, this book will help you understand what makes change easier and how to start handling it in a positive and empowering way. The First 30 Days reveals the nine principles of change that will revolutionise how you face transition times. With real-life stories, practical exercises, and inspiring action points, this book teaches the skills you need to face or make any change in your life. Available from Exclusive Books. R206



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- Group Fitness (RIVONIA, CPT, DBN)
- ILS™ Life Coach 101 (RIVONIA)
- ILS™ Life Coach 101 & Qualified (RIVONIA)
- Yoga Muscles & Motion (BEDFORDVIEW, CPT)

FEBRUARY

- Kettlebell Bootcamp Instructor (RIVONIA, DBN, CPT)
- Studio Cycle Instructor (RIVONIA, DBN, CPT)
- ILS™ Life Coach Qualified (RIVONIA)
- Pilates ABC's & Intermediate (RIVONIA, CPT)
- Kids Development (RIVONIA)
- CPR (RIVONIA)
- Sports Massage (RIVONIA, DBN, CPT)
- Sports Conditioning (BEDFORDVIEW, DBN, CPT)

MARCH

- Fighting FITT Instructor (RIVONIA, CPT, DBN)
- Pre & Post Natal Exercise (BEDFORDVIEW, CPT)

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VIVA GYM OPENS AT THE ZONE @ ROSEBANK

Viva Gym, a low-cost fitness franchise, opened its fourth club in October 2015 at The Zone @ Rosebank. This further expands the popular fitness centre's offering to customers in the heart of Johannesburg's most cosmopolitan commercial and residential suburb. Viva Gym, which offers month-to-month contracts and 90 minutes' free underground parking, aims to cater for more price-conscious customers. *For more info visit www.vivagym.co.za*

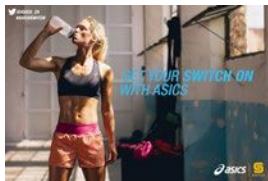
ASICS PARTNERS WITH SWITCH PLAYGROUND

Asics South Africa recently announced a partnership with Switch, a fitness programme that combines carefully selected aspects of cardiovascular training, functional training, boxing, plyometric training, core stability and power-flow yoga to create a perfectly balanced playground for the body and soul.

In keeping with the global Asics philosophy carried in their company name, an acronym for the Latin phrase "Anima Sana In Corpore Sano", meaning "Sound Mind In A Sound Body", this partnership seeks to echo relentless consistency, innovation, and commitment to quality and originality. Switch owner and originator, Steve Urias, has been a major player in cutting-edge fitness and training developments for three decades. He is an internationally acclaimed fitness instructor and creator of various physical training and

workout programmes that have revolutionised the fitness industry. He is currently rolling out Switch Playgrounds across South Africa and abroad. Asics training apparel and footwear are available in leading sports stores across South Africa.

For more info visit www.asics.co.za or www.switchplayground.com



APP OF THE MONTH



SWORKIT!

Sworkit (derived from Simply Work it) is a fitness app that takes you through strength, yoga, pilates and stretching workouts that require no equipment and can last for five minutes to over an hour depending on a user's preference. The app is available for free on iOS, Android, and Amazon as Sworkit Lite or Sworkit Pro, which offers greater customisation and personalisation options.

The Sworkit custom workout builder allows both novices and health and fitness professionals to create and share customised routines from a growing library of over 170 different exercises. It's as easy as building a music playlist.

Simply select the part of your body you want to work out by choosing from over 20 pre-built workouts, or create your own, set your time limit, then get to 'swork!'. Video instruction and audio cues are provided.

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COURSE DATES

JOHANNESBURG

- 15 January** – Exercise is Medicine 1
- 23 January** – Boxing level 1
- 29 January** – Exercise is Medicine 2
- 29 January** – Stretching SWS
- 30 January** – Sports Conditioning
- 1 February** – National Certificate: Fitness
- 3 February** – Exercise Science
- 5 February** – Athlete Assessment SWS
- 6,7 February** – Bootcamp workshop
- 12 February** – Exercise is Medicine 3
- 13 February** – CPR
- 20 February** – Boxing level 2
- 27 February** – Pilates Mat course
- 27 February** – Sports Massage

CAPE TOWN

- 4 February** – Exercise Science
- Visit www.fitpro.co.za*



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EVENTS CALENDAR

2016 Xterra SA Series

The action-packed Fedhealth Xterra, South Africa's leading off-road triathlon series, will host events across the country in Port Elizabeth, Buffelspoort and Grabouw. Each weekend-long event consists of Xterra Kids, Xterra Lite and Xterra Full races, and a Puma Trail Run. The season-ending Fedhealth Xterra Grabouw takes the form of the South African Championships and is part of the Xterra World Tour. Athletes competing at this event stand the chance to qualify for the world championship final in Hawaii later in the year.

DATE: 22-24 January 2016

VENUE: Buffelspoort (North West Province)

DATE: 29-31 January 2016

VENUE: Port Elizabeth

DATE: 19-21 February 2016

VENUE: Grabouw Country Club, Western Cape

Follow @XterraSA or @Fedhealthmed on Twitter, like Xterra South Africa on Facebook or visit www.stillwatersports.com or www.Fedhealth.co.za for more info.



2016 CAPE TOWN CYCLE TOUR MTB CHALLENGE

The two-day Cape Town Cycle Tour MTB Challenge will kick off the annual Cape Town Cycle Tour Lifecycle Week. The five specially-designed routes – 14km, 20km, 30km, 40km and 55km – will take riders through some of the most scenic wine farms in the Greater Simonsberg Conservancy. Dirtopia's trail-building expert, Meurant Botha, has designed each route to cater for all levels of rider.

DATE: 27-28 February 2016

VENUE: Le Bonheur Wine Estate, Greater Simonsberg Conservancy, Stellenbosch

Follow @TheMTBChallenge on Twitter for updates or visit www.capetowncycletour.com for more info.

AFRICANX TRAIL RUN PRESENTED BY ASICS

South Africa's premier three-day stage trail run will return to the grounds of the picturesque Houw Hoek Inn in March 2016. Teams of two (male/female/mixed) will battle it out on a route varying in distance between 22-34km each day through the picturesque Overberg region of the Western Cape.

Entries are limited to 300 teams.

DATE: 11-13 March 2016

VENUE: Festival Village, Houw Hoek Inn, Western Cape

Follow Asics Running South Africa or Stillwater Trail Running on Facebook or @Asics_ZA or @runtheafricanx on Twitter.

To enter or for more info visit www.stillwatersports.com or email entries@stillwatersports.com.



MIWAY SPONSORS ULTRA TRIATHLON SERIES

Direct insurer MiWay has announced that it will sponsor the Ultra Triathlon Series in a three-year deal aimed at increasing exposure of the MiWay brand in the world of endurance sports. The Ultra Triathlon Series – organised and managed by Damian Bradley from B-Active Sports – has been running for seven years. Previously, the series was made up of three events in the KwaZulu-Natal Midlands and Sun City. It will now include a new fixture planned for the Cape. The series starts with the Midlands Ultra Triathlon in March 2016, followed by the Sun City Ultra, scheduled for May, then the inaugural Cape Ultra in September 2016. The last in the series will be another Midlands Ultra event in November 2016. Each event comprises a 1.9km swim, a 90km road cycle and a 21km run. A Sprint category, consisting of a 600m swim, 20km cycle and 5km run is also offered.

For more info or to enter visit www.ultratri.co.za.

2016 CAPE TOWN CYCLE TOUR

The 39th Cape Town Cycle Tour will take place on the first Sunday of March in 2016, when 35,000 cyclists will ride 109km around the Cape Peninsula.

DATE: 6 March 2016

VENUE: Cape Town

For updates like the CycleTour Facebook page or follow @CTCycleTour on Twitter. For more info visit www.capetowncycletour.com.



SPEEDO SA LAUNCHES SWIM CALENDAR

Speedo SA has officially launched a comprehensive local swim event calendar, which also lists triathlon and lifesaving events. The Speedo Swim Calendar can be found at www.speedoswimcalendar.co.za, and allows event organisers to register and list event details. Find out more at www.speedo.co.za.



10TH SSISA WELLNESS AND FITNESS CONVENTION

The 2016 SSISA Wellness and Fitness Convention will be a highly focused two-day event aimed at linking world-class minds in the health, fitness and sporting industries. The event will also include a pre-convention focusing on school sports, talent identification and development. Invited speakers, both local and international, will share their ideas and experiences with track themes covering health, wellness, performance, technology and business acumen.

DATE: 17-19 February 2016

VENUE: Emperor's Palace, Johannesburg

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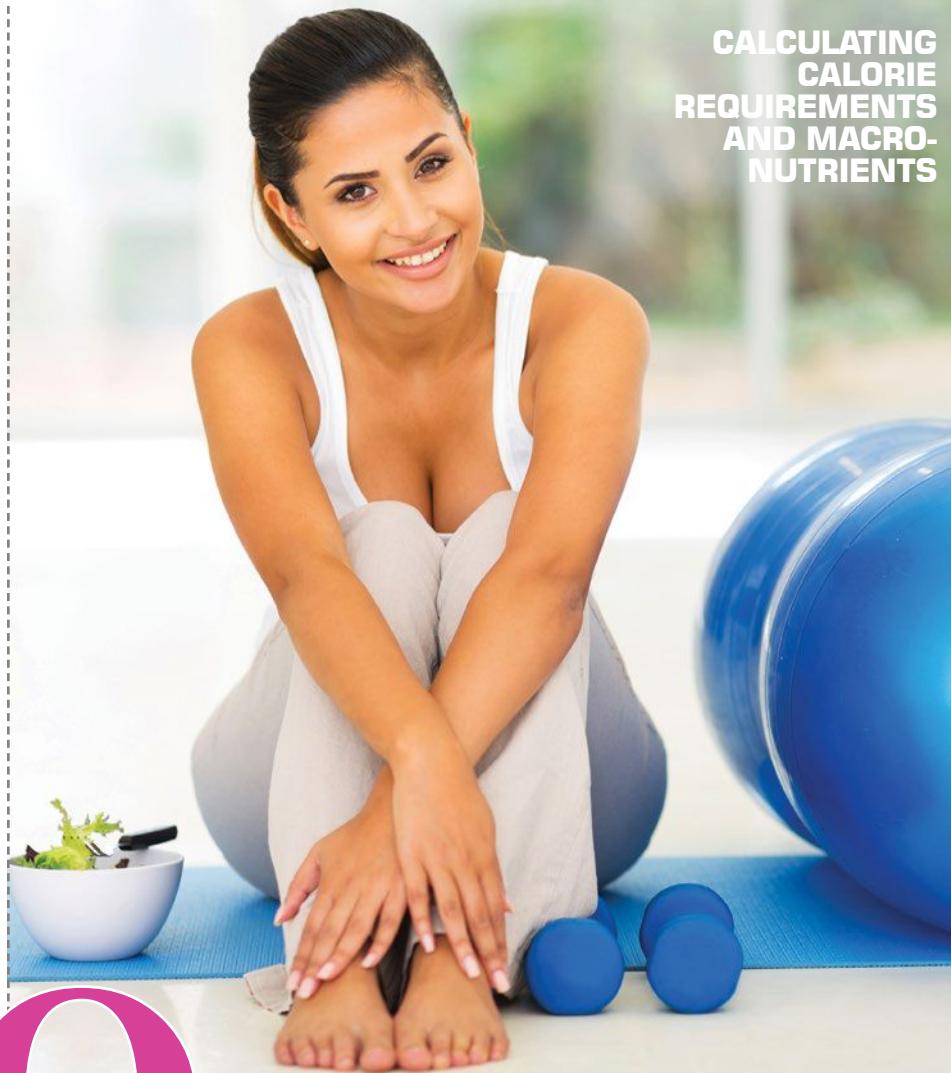
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CALCULATING CALORIE REQUIREMENTS AND MACRO-NUTRIENTS

Q Finding the right balance

I need some guidance, please. I have read a lot about micronutrients but I am not sure how to calculate my requirement and how exactly it all works. At the moment I am following the Leangains 16:8 intermittent fasting plan that I read about on the Internet. However, I'm not sure how to calculate my daily calorie requirements and micronutrient ratios. I'm scared that I'm eating either too little or too much. I exercise 4-5 times per week doing a combo of cardio and weight training. I also plan to

include two CrossFit classes a week to up my training and variety. Although I have gone down from a size 22 to size 14 since March 2015, I'm not losing any additional centimetres. I don't really lose weight either and I know this has to do with my meal planning – I'm either overeating or undereating. Also, please can you tell me what is the effect of alcohol when I am doing intermittent fasting? I have a glass or two of red wine over some weekends.

Margot Rensburg

Intermittent fasting is a dietary approach that is certainly gaining a great deal of popularity around the world for the many benefits it offers – enhanced weight and fat loss, improved health, and even an association with increased longevity.

One of the most important factors behind the success and effectiveness of this approach is its ability to regulate the production of powerful hormones within the body, specifically insulin and insulin-like growth factor-1 (IGF-1). When these hormones and the

feedback loops that govern their production operate optimally then an environment is created where we're better able to reduce stored body fat, often at a higher rate as we are better able to regulate blood sugar and our metabolism.

The 16:8 diet you have chosen to follow is one of the more popular forms of intermittent fasting, the other being the 5:2 Fast Diet. **In the 16:8 approach adherents are required to consume all their calories in an eight-hour period every day, seven days a week.** This feeding window should generally be kept between the same times each day, normally from early afternoon to early evening. In doing so the body is required to tap into stored energy to fuel its daily activities each day. Some form of fasted exercise is promoted to help accelerate fat metabolism and improve insulin sensitivity.

However, there are a few challenges to this approach. Firstly, it can be hard to abstain from eating for such long periods of time, at least initially. However, it seems that you have been following this diet for some time so unplanned snacking should not be an issue for you at this stage. The other issue some people face is physically consuming all of their required calories in such a short timeframe. And, as you've mentioned in your question, if you don't know exactly how much you should consume then you may be under-eating or overeating. The former is a more likely scenario in most instances. If this is indeed the case then you may be creating an environment where your body is doing everything it can to cling on to stored body fat and weight as it perceives your fasted state, in addition to the lowered calorie intake, as a state of starvation and initiates measures to ensure your survival.

This could be further exacerbated by your high-intensity exercise sessions as it shifts you further into a calorie deficit from an already depleted state. All of these factors could therefore be the reason behind you inability to lose more weight and centimetres.

IF YOU DON'T KNOW EXACTLY HOW MUCH YOU SHOULD CONSUME THEN YOU MAY BE UNDER-EATING OR OVEREATING.



With that, you need to calculate your daily energy requirements. Ideally this should be done with the help of a qualified professional – a dietitian, biokineticist or trainer. However, to give you a ballpark figure you can apply the following steps:

1. Work out your basal metabolic rate (BMR).
2. Work out your total daily energy expenditure (TDEE).
3. Work out your calorie requirements according to what your specific goals are.

CALCULATE YOUR BMR: Work out how many calories your body requires daily. There are many equations that you can apply, as well as apps and websites that can assist you.

However, a simple manual equation for a woman to calculate her BMR is:

BMR = 10 x weight (kg) + 6.25 x height (cm) – 5 x age (years) – 161

CALCULATE YOUR TDEE: BMR x either 1.1 (low activity level), 1.2 (moderate activity level) or 1.3 (high activity level). Based on your acvity level I would suggest using 1.3.

Depending on what your goals are – weight loss or weight maintenance – you now need to work out how many calories you need to consume and burn to achieve a deficit.

A daily calorie deficit of between 250-500kcal is the most commonly accepted deficit needed to achieve healthy, sustainable weight loss of up to 1kg per week. Once you reach your goal weight then your equation should balance to maintain your goal weight.

However, generally speaking, intermittent fasting doesn't require you to create a calorie deficit to see a shift in the scale. The state of hormonal homeo-

stasis it creates, coupled with the periods of fasting, supposedly work in unison to create weight homeostasis (a return to your natural ideal weight) if you are consuming the correct amount of calories each day, with the correct macronutrient ratios. Adherents just need to choose healthy foods and minimise carbs by replacing them with healthy fats like coconut oil, olive oil, olives, eggs, avocados and nuts.

Once you have established your ideal intake then it is worth trying that out to see how you respond. You may also want to shift your macronutrient ratios around – slightly more or less carbs and slightly more or less

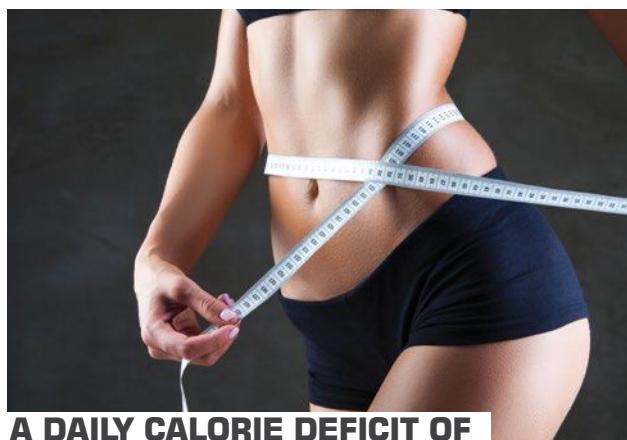
fat depending on your body's response – to help initiate more fat loss.

One final point to consider is the intensity of your training. Generally speaking, you should be using exercise to help shape and sculpt your physique, not create a massive calorie deficit. However, that is not to say you should avoid high-intensity training, particularly if you enjoy it or if you're training for enhanced performance.

However, if your training sessions, especially your CrossFit classes, are taking place in a fasted state and are completed a few hours before your feeding window then you are creating a highly catabolic environment that your body can also perceive as a threat. As such, this may be the reason your body is holding on to those last few centimetres and kilograms. I would suggest that you shift your feeding window to coincide with your high-intensity weight training and CrossFit, to fuel your performance and aid recovery, which is when that sought-after shapely muscle will be developed. If you want to keep tapping into those fat stores then limit your exercise in your fasted state or training done long before your feeding window to low to moderate intensity cardio. **7**

In summary, your weight-loss and fat-loss plateau may be caused by the timing of your high-intensity exercise in relation to your food intake. Either way, when you hit a plateau one or more factors need to be changed to reignite progress in the right direction.

Lastly, when consumed in moderation, a few glasses of red wine a week shouldn't negatively impact on your intermittent fasting diet. Just ensure that these drinks are included in your feeding window as they contain calories (and make sure these calories are included in your daily caloric intake, too) and they also have an effect on insulin.



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THULE ATMOS X5

Thule's Atmos X5 offers a **waterproof case for the iPhone 6 range**. Ideally suited for adventurous lifestyles, the rugged and robust Atmos X5 is built for the outdoors as it carries an IP68 rating, which is the industry standard for dust-tight enclosures and those that offer protection against "complete, continuous submersion in water". The patented StratoShield protects the screen from scratches and delivers five times the impact protection than the phone's standard screen alone. Despite the robustness of the cover, exceptional touch screen responsiveness is maintained. The ShockStop Corners and Bi-ComponentArmor protects devices from drops of up to 2m. The enhanced grip from the textured and rubberised back panels also improve handling.



Available for R1,499 from Thule partner stores. Visit www.thule.com/za for more info.

TOMTOM BANDIT ACTION CAMERA

The new TomTom Bandit Action Camera makes editing and sharing videos quick and easy as it is the first camera to come with a built-in media server. This eliminates the need to download footage before being able to edit it.

The camera works with a companion app, making it possible to create and share videos in a matter of minutes, simply by shaking the smartphone. The Bandit is equipped with in-camera motion and GPS sensors to automatically find and tag exciting



moments based on speed, altitude, G-force, acceleration and heart rate. Highlights can be tagged manually with a tagging button on the camera or the remote control. It also has a wide angle lens, a 16 MP CCD sensor and a powerful processor, and is completely waterproof. The steel ring mounting system has a quick release mechanism and its profile makes it suitable for helmet mounting. The uniquely designed

Batt-Stick combines the long lasting battery, microSD card and SuperSpeed USB 3.0. It plugs directly into a computer via USB to charge and download footage, removing the need for additional cables or adaptors.

Available from www.tomtom.com and selected retailers for R5,799.

FIT TECH

WRAPS FUNCTIONAL ARM CANDY

Gammatek, a leading local distributor of branded technology accessories, offers a new take on "wearing sound" with the introduction of Wraps audio arm candy to South Africa.

Wraps – a range of engineered, fashion-led wristband headphones – are the latest innovative and unique offering from British Audio Industries. Wraps can be worn on the wrist when the wearer isn't listening to music for easy and convenient storage. The patented clasp system keeps the lightweight alloy heads, slider and jack plug neatly connected together for a secure, compact fit. With the headphones worn on the wrist, the cables are kept in perfect alignment, remain tangle free and are always close at hand. The large 10mm driver delivers quality sound.

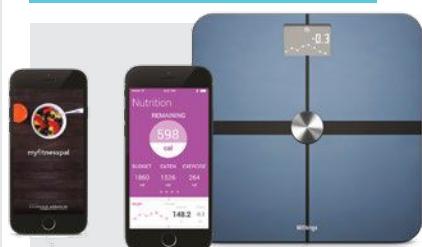
Available from Musica and Incredile Connection stores nationwide for R369.



BUDDS BY DJ FRESH

Budds Bluetooth V4 wireless earphones pair quickly and easily to smartphones, laptops, or tablets, with a built in microphone to receive calls at the touch of a button, and controls to adjust volume and pause tracks. They incorporate titanium speakers and adaptive noise cancellation to deliver deep base and clear sound for a premium listening experience. The ergonomic design, with three sizes of rubber buds, and ear-hoops and an in-ear control panel deliver a perfect, lightweight fit. Budds use a lithium battery in the earpiece offering up to five hours of use. The earphones are also splash and sweat resistant.

Available at a launch price of R699 per set at selected retail stores.



WITHTHINGS INTEGRATES WITH MYFITNESSPAL

The Withings smart connected scale now pairs with MyFitnessPal to deliver nutrition and activity tracking integration. Also, new nutrition features available in the Health Mate app offers a comprehensive food logging experience through MyFitnessPal. Users can set a weight goal and once this weight goal is set, Withings and MyFitnessPal will develop a daily calorie allowance to help reach that target within the specified time frame. MyFitnessPal also offers a large food catalog along with a seamless experience to log meals in mere seconds. Users can access their MyFitnessPal account directly from the nutrition widget in Health Mate, or open the MyFitnessPal app. Total budget, calories consumed, and remaining calories will be automatically updated in the Health Mate app to reflect meals. This update will also deliver a breakdown of the nutrients consumed and calories per meal.

This integration enables Health Mate to become a complete diet coach. The Withings and MyFitnessPal integration is available for iOS and will be coming soon to Android.



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BY Dr Nicola Rains, general practitioner at NHC Health Centres



BEAUTIFUL SUMMER SKIN

Summer is a great time to let your skin breathe as you soak in the warmth, but it's still important to pay close attention to skin health, especially amid the recent heatwave conditions. Your skin has many important functions that affect your overall health, and while the same principles apply for skincare all year around, it's important to take a few extra steps to ensure skin is summer-ready.

While moderate amounts of sun exposure delivers a healthy dose of vitamin

D, over-exposure to the harmful rays of the sun can cause serious damage to skin and overall health. Regardless of age or gender, everyone needs protection from the sun's ultraviolet rays (UVA and UVB) so use good quality sunscreens, preferably those with broad-spectrum, high sun protection factors. Apply these products every two hours or sooner if you have been sweating or swimming. Spread it generously on all skin that is exposed to the sun. It is also best to stay out of

direct sun between 10am and 3pm.

Your body also tends to lose more moisture in the summer heat, so it's important to stay hydrated. The easiest way is to drink sufficient water: two litres a day is recommended for adults. During the warmer months you may need to switch your winter skincare creams as these focus on treating dryness. Ideally, summer-time skincare products should aim to clear excess oil off the skin, which is naturally produced in response to a rise in heat and

humidity. Gel and foaming cleansers are therefore great options, and adding toning and exfoliating products to your routine will also help. Exfoliation removes dry or dead skin cells and improves blood circulation, but should be done less often in summer. It is recommended that you scrub no more than twice a week because overdoing it can break down the skin barrier and increase sun-sensitivity when you spend more time outside. Toning removes residual dirt or oil, and should be the final step in cleansing your skin.



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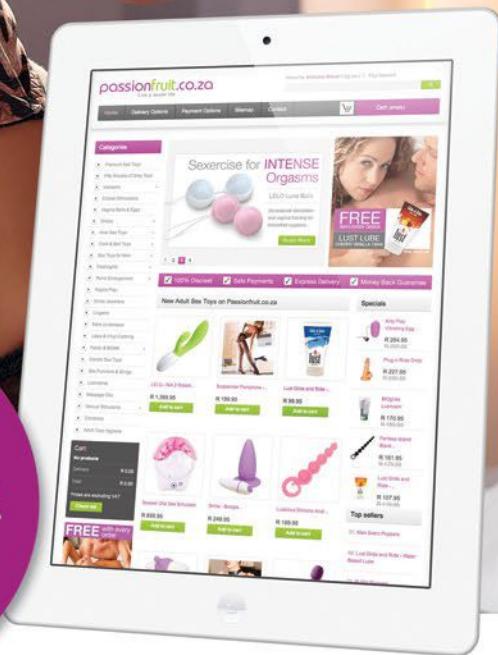
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Tip
Scrub your face no more than twice a week because overdoing it can break down the skin barrier.



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BY Pedro van Gaalen, Managing Editor

THE FRESH START EFFECT

Harness the psychological power of temporal landmarks to achieve your goals in 2016

It's a new year, which means you probably have a few New Year's resolutions written down somewhere. While many consider resolutions to be frivolous; disingenuous even as they're often abandoned and forgotten by the time Valentine's Day rolls around, for some starting a new challenge or committing to improve various aspects of your life at a salient point in time can actually lay the foundation for long-term, meaningful change.

By using temporal landmarks (in behavioural economist parlance), these specific points in time are often enough of a motivator to drive aspirational behaviour. This is known as the 'fresh start effect', a term coined by researchers from the University of Pennsylvania.



THE FIRST STUDY

In an article published in the journal *Management Science* in 2013, lead researcher Hengchen Dai and colleagues Katherine Milkman and Jason Riis, revealed findings from three studies they conducted that show that "the start of new mental accounting periods ... help us to relegate past imperfections to a previous period and to take a big picture view of our lives,

thus motivating aspirational behavior."

That's why temporal landmarks, which can also include holidays, the start of a new month or week, weddings or even birthdays, offer an opportunity to press the mental 'reset' button to start afresh with a proverbial clean slate.

In the first of the three studies, the team of researchers reviewed Google search statistics and found that the use

of the keyword 'diet' increased by 82% immediately following New Year's day. However, they also found that there were smaller peaks at the starts of new weeks and months and after holidays, which supports the idea that even less significant temporal landmarks hold significance when someone plans to embark on a transformation or start a new project, for instance.

TEMPORAL LANDMARKS CAN INCLUDE HOLIDAYS, THE START OF A NEW MONTH OR WEEK, WEDDINGS OR EVEN BIRTHDAYS.

THE SECOND STUDY

In the second study, the researchers reviewed attendance figures from the university's gym and found that they increased at the start of a new year, as well as at the start of a new month, and every Monday. Students also tended to exercise more at the start of a semester, the first day after a school break, and after a birthday.

THE THIRD STUDY

The third study looked at data from the website stickK.com, which enables users to enter into 'commitment contracts' where they pledge to achieve a goal or pay penalties to designated friends or charities if they fail to do so – what behavioural economists call a commitment device. The same patterns emerged as more contracts were initiated at the start of a year, the start of a new month and a new week, and after holidays and birthdays.

Various reasons were offered as explanations for the fresh start effect – they help us feel more distant from our past failures, they offer us an opportunity to further improve ourselves, and they make us feel more capable

and driven to succeed. Whatever the reason though, there are many opportunities to make a fresh start and use the psychological power of temporal landmarks to help us achieve our goals, not just our New Year's resolutions.

However, the researchers also noted that the effect tends to vary depending on how big the fresh start moment is, which is why the start of a new year is more powerful, psychologically speaking, than say the start of a new month or week.

Motivation levels will also naturally taper off over time. You therefore need to find ways to renew your motivation and commitment at regular intervals, and using other temporal

landmarks are a great way to do that. Any event or date in your life that holds meaning can symbolise a temporal landmark that offers a new opportunity to build a better you. A word of caution though; don't use every landmark to start afresh. A new diet every other week will not result in successful and sustainable weight loss, for example.

Rather use and harness the power of this tool to keep setting smaller, attainable goals to renew your motivation and commitment at regular intervals as you continue to progress towards the attainment of your overall objective, and use the energy and determination this creates to achieve your goals in 2016.

ANY EVENT OR DATE IN YOUR LIFE THAT HOLDS MEANING CAN SYMBOLISE A TEMPORAL LANDMARK THAT OFFERS A NEW OPPORTUNITY TO BUILD A BETTER YOU.

5 WAYS TO BOOST YOUR MOTIVATION LEVELS IN 2016



1. WRITE IT DOWN:

Whatever your reasons are for working out or eating right, write them down and keep a record of your progress. Seeing how far you have come and what you have accomplished will keep your spirits up and will also motivate you to keep pushing on.

3. ADD VARIETY:

A stale programme that offers little variety and no longer challenges you is a sure-fire way to kill your motivation. Keep it fresh and interesting by taking on new challenges or changing your programme every 6-8 weeks.



2. PARTNER UP:

Find a gym partner who has similar goals and is at a similar level to you in terms of strength and fitness. Being accountable to someone other than yourself will ensure that you don't skip sessions.



4. REAFFIRM YOUR REASONS:

It's easy to forget the reasons that drove you to commit to making a lifestyle change in the first place. Revisit and review the reasons for your new-found training and healthy eating inspiration regularly as a constant reminder of why and who you are doing this for.

5. REWARD YOURSELF:

No, don't devour a tub of ice cream because you made it through the first month of your new training plan and diet. Rather buy new training gear or spoil yourself with a day at the spa instead. Then keep stretching the targets you need to achieve to attain these rewards. This will keep you focused and working hard toward your overall goal. 

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Athleisure 2016 fashion trends



ACTYVISTA BY DIESEL

Also part of the denim revolution is the Diesel presents Actyvista range. Melding performance with style, comfort and an ultra-exacting fit, the Actyvista is born out of an industry-changing Diesel fabric innovation.

Pairing two exclusive Diesel fabric innovations, Actyvista's inimitable result is the look and performance of JoggJeans merged with the elastic recovery and uplifting and shaping effect of Skinzee. Melding an authentic denim look and the ultra comfort of sweatpants, the Actyvista fabric is woven in the same way as JoggJeans, with three threads. Thanks to Diesel's textile know-how, ultra fine yarns were added to the loom to achieve a compact fabric with a higher elastic return. Actyvista's ergonomic design – in full length or cropped styles – is cut and seamed to follow the leg's form, fitting the legging close to the silhouette. Modelling the fit on athletic wear, Actyvista is created for active lifestyles. Syncing to the body's movement, the studied, precise cut through the yoke and the back emphasises flexibility, and the result is an ultra slim fit. The Actyvista comes in three authentic washes, including clean black, clean blue and washed blue.



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- medium heat
- high heat
- Do not iron

DRYING

TUMBLE DRY

- no heat
- low heat
- medium heat
- high heat

WASHING:

- cold
- warm
- hot
- Hand wash
- Do not wash

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TRIUMPH LAUNCHES CURVES & SECOND SKIN

Triumph is giving women the sensuality, style and confidence that has become now synonymous with this brand with the launch of two new ranges – Second Skin and Curves – that merge innovation, trendiness and design to produce an alluring lingerie solution. Curves by Triumph offers provocative and playful designs that inspire confidence. They're made to lift, shape and

work with strapless fashion garments and plunging necklines. The Curve range includes Just Curves Invisible Solution, T-Shirt Bra 35 Multi-Way and the Trendy Curves Invisible Solution.

Second Skin by Triumph underlines Triumph's long-standing commitment to meaningful shapewear innovations. This season is all about lightweight fabrics that deliver a natural slender silhouette.

REPLAY HYPERSKINS

With the launch of the Hyperskin range, Replay is reinventing the future of Athleisure. Wellness is not a trend; it's the perfect balance between body, soul and the environment: it's a philosophy and a lifestyle. Replay used this as inspiration and merged this with its denim DNA which resulted in the creation of Hyperskin, a revolutionary product in combination with ISKO™, worldwide leader in the production of denim fabric, that combines performance, lightness and 100% natural fibres for guaranteed natural breathability.

Hyperskin is hyper elastic thanks to the use of bidirectional hyperstretch material that ensures 100% elasticity and shape recovery, redefining denim's performance benchmark. Hyperskin is also hyper light with the final product weighing only 200g. Available in two models for women: a super skinny five-pockets with an extremely adherent fit from the hip down and a snug push-up effect from the bottom up, and a jegging, yoga pant-style model. The jeans come in four different washes: a raw grey shade wash with an original raw fabric look; a blue shade achieved with a light bleaching process for an intense mid-blue hue; and a super softener for an amazing feel in marble and dark black. Available at Replay concept stores, Hydraulic concept stores and select boutiques nationwide.



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The above are available online from www.pumaselect.co.za

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BASSONIA**



BY Julia Lamberti

Bounce BACK FROM HOLIDAY WEIGHT GAIN

FESTIVE MEALS, CELEBRATORY DRINKS AND FEWER WORKOUTS...

Holidays can leave you looking and feeling heavier and less toned. We explore a few smart strategies to help you get back on track in 2016.

SIP SHREWDLY

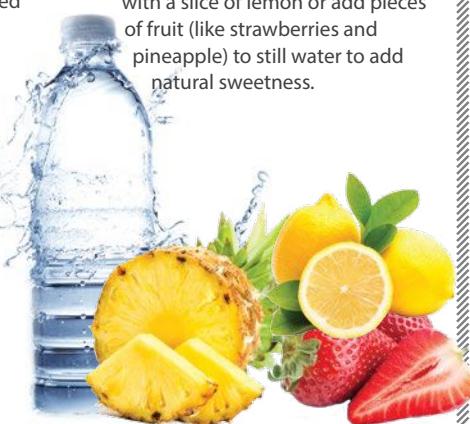
Drinking enough water will not only support your metabolism and naturally curb your appetite, but getting sufficient H²O can also relieve bloating. This is because water flushes excess sodium from your system, supports digestion and relieves constipation.

"Another benefit of drinking water is that it will generally take the place of a more calorific option and this can also help to reduce a person's total kilojoule intake," adds Pippa Mullins, registered dietician at MME Dieticians in Johannesburg. Pippa recommends that women generally drink 1.5-2 litres of water daily and increase their intake when exercising.

Alcohol consumed over the holiday period is also often a contributor to weight gain. Therefore, it is important to cut out all boozy beverages once the vacation fun is over. "Alcohol is extremely

calorie dense and initiates an insulin response which can promote weight gain," explains Pippa. "Raised insulin levels can also lead to an increased appetite and cause you to be less conscious about your food or snack choices." Instead, stick to sipping water, non-caffeinated herbal teas (minus the honey and sugar) and limit your intake of beverages with caffeine and non-nutritive sweeteners.

If you find plain water too bland, try enjoying sparkling mineral water with a slice of lemon or add pieces of fruit (like strawberries and pineapple) to still water to add natural sweetness.



TRACK YOUR PROGRESS

"Tracking your progress is an effective way to achieve your weight-loss and fitness goals because it helps you assess if what you are doing is working for your body and keeps you motivated," asserts Bruce Namhing, a Johannesburg-based, ETA-certified personal trainer. "It also keeps you accountable and on track with your goals because you are



going to have to make regular appointments with a trainer or bio," he adds.

"I recommend that you assess your progress every two weeks until your goal is met and then once a month thereafter, to make sure you stay on track." Bruce suggests that the best way of tracking your progress is through a full body composition assessment, which includes weight, height, body fat (calipers) and circumference measurements.





SET REALISTIC GOALS

Many of us are guilty of setting lofty, unrealistic goals for the New Year in a bid to regain our pre-holiday shape. However, overly aggressive weight-loss goals can actually undermine the efforts of even the most committed individual. Instead, aim to set realistic, well-planned weight-loss goals to keep you focused and motivated. Sustainable goals should ideally be specific, measurable, attainable and realistic. You should be prepared for setbacks and develop a strategy for dealing with them. Be sure to also reassess and adjust your goals as you progress.

"My key recommendation for setting realistic goals after the holidays is to first do a fitness assessment, like a body composition test and tape measurements," suggests Bruce.

He also recommends that once you have completed your physical assessments, you set your realistic goals for the weeks and months ahead. "Set your first goal based on how much weight you gained over the holiday and you can then set new goals after you lose the weight gained," he suggests. Bruce adds that you should aim for a safe weight loss goal of about half to a full kilogram of weight loss a week. "Thus, if you gained four kilograms over the holidays, it will safely take more or less around four weeks to lose the weight."

"SET YOUR FIRST GOAL BASED ON HOW MUCH WEIGHT YOU GAINED OVER THE HOLIDAY AND YOU CAN THEN SET NEW GOALS AFTER YOU LOSE THE WEIGHT GAINED."

SLOW EATING ALSO MAKES ONE MORE CONSCIOUS OF THE AMOUNT THAT IS CONSUMED

EAT SLOWER

It takes approximately 20 minutes, from the time you start eating, for your brain to signal that satiety has been reached. Therefore, eating slower will give your brain the time it needs to signal that you are full and you will need less food to feel satisfied.

"Eating slowly definitely has benefits as it also makes you more aware of what you are eating and the taste of food is savoured and enjoyment enhanced," adds Pippa. "Slow eating also makes one more conscious of the amount that is consumed and puts one more in tune with the feeling of fullness."



Drastic reductions lead to feelings of hunger, fatigue and deprivation which often result in a 'blow out' or binge eating.

AVOID DRASTIC REDUCTIONS

Panicking and drastically reducing your calorie intake in a bid to get rid of 'holiday weight' is counterproductive, unsustainable and will inevitably lead to failure, fatigue and frustration.

"A drastic reduction in kilojoules is most likely achieved by extreme dietary behaviours such as eliminating food groups, meals or snacks," says Pippa. "This then leads to feelings of hunger, fatigue and deprivation which often result in a 'blow out' or binge eating, which more often than not leaves one feeling hopeless, frustrated and demotivated."

Drastically reducing your calorie intake will result in a reduction in nutrient intake which can affect your health, slows your metabolism and may actually prompt your body to gain weight instead of losing it in response to the perceived state of starvation it creates. This is because your metabolism goes into 'safety mode' and slows down in an effort to conserve your energy source, when your body has not ingested enough nutrients.

This strategy will also cause circulating blood sugar levels to drop, leaving you feeling tired and irritable.

Instead, aim to eat small, balanced meals, every three to four hours to maintain your metabolism and energy levels and prevent cravings and overeating.



PUMP UP YOUR PROTEIN INTAKE

"Protein has a high satiety value, which means it enhances the feeling of fullness. As such, making sure one consumes adequate protein can certainly contribute to weight loss," says Pippa. "Furthermore, eating a combination of lean protein with a high-fibre carbohydrate and a small amount of unsaturated fat, not only helps to achieve weight loss, but also ensures you don't create other health issues like raised cholesterol and compromised bowel function."

Pippa recommends that you aim to consume high-quality sources of protein like dairy, eggs, lean meat, chicken, fish and whey, and notes that the International Society for Sports Nutrition (ISSN) recommends 1.0-1.5g protein per kilogram per day for moderate amounts of intense exercise and 1.5-2.0g per kg per day for high volumes of intense training.





ALL CARBS ARE NOT NECESSARILY EVIL. CHOOSE THE RIGHT CARBS LIKE FRUITS, VEGETABLES, ROLLED OATS AND LEGUMES.

OUTSMART YOUR APPETITE

Outsmart your appetite and keep your post-holiday nutrition on track by avoiding the consumption of foods and beverages that are high in sugar and refined starches. "These foods and drinks increase insulin production which can increase your appetite and fuel cravings," explains Pippa.

"Responding to these

cravings often results in eating the same unhealthy foods or drinks, as they are often the quick, convenient and desirable 'pick-me-up' options and a vicious cycle is perpetuated."

Thus, making a concerted effort to choose healthier food and beverage choices, in suitable portions, can help to 'reset' insulin levels and bad habits, asserts Pippa.

CURB YOUR CRAVINGS. IF YOU WANT TO REACH OUT FOR THAT DOUGHNUT THINK TWICE. OPT FOR A WHEY PROTEIN SHAKE.

SEE PG 82



BE CLEVER WITH YOUR CARBS

"Carbohydrates are necessary to help women meet their weight and fitness goals and it is a total misconception that all carbohydrates should be eliminated when trying to lose weight," asserts Pippa. "However, the type of carbohydrate you consume is very important and so is the amount of carbohydrate eaten," she adds.



OPT FOR WHOLESOME CARBS SUCH AS ROLLED OATS AND QUINOA.

GET GOING

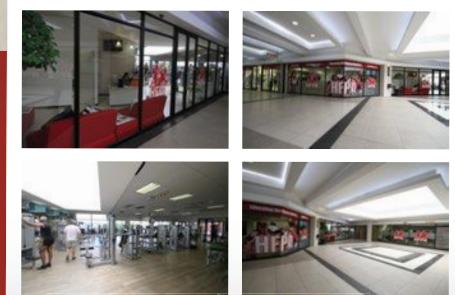
Your holiday indulgences need not haunt you well into 2016 and, with discipline, you should be back on track in a matter of weeks. "So get that assessment done so that you can set realistic goals, embark on your healthy diet and exercise plan, and keep doing assessments to see if you are progressing and keep you motivated," says Bruce. "Lastly, if you find yourself struggling, invest in professional help", he adds. "Ultimately, this will save you time and help you to reap the results you desire as you step into a new year." **7**

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Regaining abdominal integrity after pregnancy

WRITTEN AND DEMONSTRATED BY Giorgia Slotar, Clinical Nutritionist (Intl. Grad. Dip. Clinical Nutrition, Australia), pre- and post-natal exercise specialist (American Fitness Professionals Association) and qualified personal trainer (HFPA)
PHOTOGRAPHY BY Catherine Basson | www.catherinebasson.com
DRESSED BY Lorna Jane

REBUILD YOUR CORE AFTER PREGNANCY

For most new moms, regaining a flat tummy is high on the list of priorities of regaining their pre-pregnancy bodies. However, a misguided approach to ab and core training can do more harm than good as women attempt to tighten and firm an area that has been significantly weakened due to the physical demands of carrying their new bundle of joy over the preceding nine months.

Before engaging in any form of physical activity your obstetrician/gynaecologist (OB/GYN) must first clear you for exercise. After that it is important to start with a few simple abdominal exercises to regain abdominal strength and integrity.

The following programme will enable you to do just that. It is also safe for new moms who have suffered from diastasis recti, a fairly common condition associated with pregnancy and childbirth where the right and left halves of the rectus abdominis muscles spread apart at the body's midline fascia, the linea

alba. It impairs the integrity and functional strength of the abdominal wall and can aggravate pelvic instability which can result in lower back pain.

Women expecting more than one baby, petite women, those with a pronounced sway back, or those with poor abdominal muscle tone are at greatest risk, and genetics also play a big role in determining your susceptibility to this condition.

TREATMENT OPTIONS

If you are left with a separation of these muscles after childbirth it does not always mean you need surgery. However, this is a medical condition that requires a doctor's diagnosis.

A hernia can also be present after pregnancy, which your doctor will also need to rule out before giving the all-clear. And, depending on the severity of a hernia, it may sometimes require surgery. You should, however, always explore all your options before opting for any kind of surgery.





A QUICK AND EASY SELF-TEST FOR DIASTASIS RECTI IS:

1. Lie on your back with your knees bent and the soles of your feet on the floor.
2. Place one hand behind your head and the other hand on your abdomen, with your fingertips across your midline, parallel with your waistline, at the level of your belly button.
3. With your abdominal wall relaxed, gently press your fingertips into your abdomen.
4. Roll your upper body off the floor into a 'crunch', making sure that your ribcage moves closer to your pelvis.
5. Move your fingertips back and forth across your midline, feeling for the right and left sides of your rectus abdominis muscles. Test for separation at, above and below your belly button.
6. A gap that is more than three fingers wide when the rectus abdominis is fully contracted is indicative of the condition. Also, the gap does not shrink as you contract your abdominal wall. You can also generally see a small mound protruding along the length of your midline.

EXERCISES TO AVOID

Any exercise that will cause your abdominal wall to bulge out upon exertion should be avoided. Certain yoga postures that stretch the abs, including 'cow pose', 'up-dog', all backbends and 'belly breathing', and other quadruped exercises (performed on hands and knees) without adequate abdominal support should be omitted from your postpartum rehab programme.

Pilates mat and reformer exercises where you utilise the 'head float' position, upper

body flexion, or double leg extension can also cause further damage and should therefore be avoided, as should movements where the upper body twists and the arm on that side extends away from the body, such as 'triangle pose'.

In addition, skip exercises that require lying backward over a large exercise ball, or abdominal exercises that flex the upper spine off the floor or against the force of gravity such as crunches, oblique curls, and bicycle crunches.

AVOID THESE:



COMMON MISCONCEPTIONS WHEN IT COMES TO DIASTASIS RECTI AND ABDOMINAL RECONDITIONING INCLUDE:

- Diastasis recti or abdominal separation causes permanent damage to your abdomen.
- Diastasis recti or abdominal separation requires surgical repair.
- Diastasis recti or abdominal separation causes permanent bulging of the abdomen, i.e., 'mummy-tummy'.
- Diastasis recti causes pain.
- The abdominal muscles will always be weaker after childbirth.



DO THIS DAILY:

The importance of breathing:

The correct breathing technique is imperative during abdominal exercises, not only for oxygen delivery but also to enable a deeper contraction. It therefore enables you to engage the deepest part of your core muscles – those that have been weakened the most during your pregnancy.





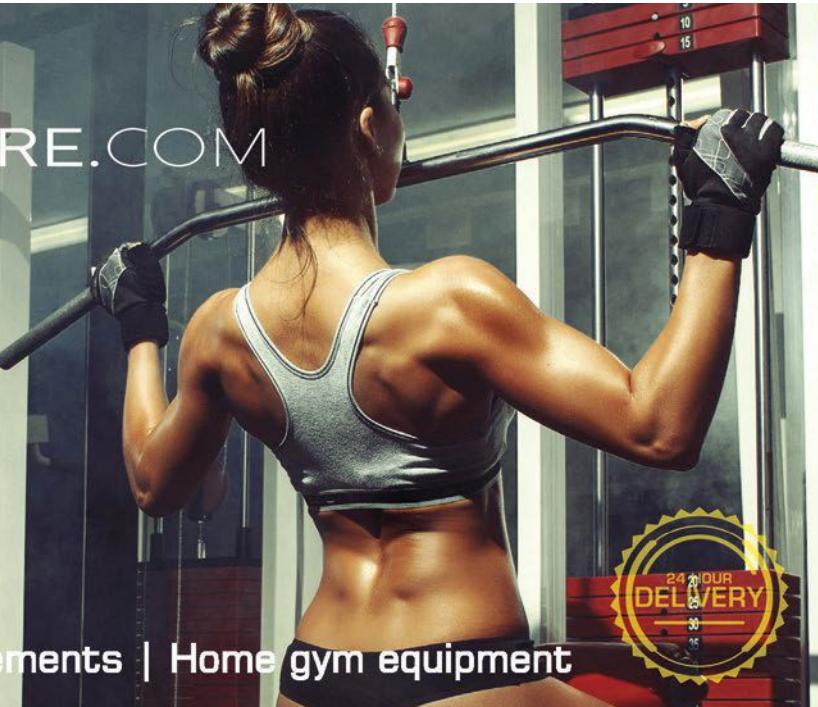
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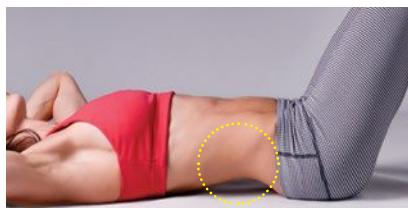
WORKOUT STRUCTURE

Perform 4 sets of 10 reps of each exercise, 2-3 times per week.



WARM UP: DEEP BREATHING TO ACTIVATE THE CORE

Lie flat on your back with your knees bent and feet on the ground. Place your hand on your stomach. Inhale deeply and expand your rib cage. You want to see your hand rise. Exhale and contract your abs (without lifting your head) as though you were sucking your belly button to the back of your spine.



PELVIC TILTS:

Lie flat on your back with your knees bent and your feet on the ground. Relax your spine. There should be a space between the floor and your lower back. Inhale deeply, pressing the small of your back against the floor and tilting your pelvis toward your belly button while simultaneously performing a Kegel. You should not feel all your abdominals working as this is a very specific, isolated movement of the pelvic floor.



SUPINE MARCH:

Start by performing a pelvic tilt while you inhale deeply. As you exhale, lift one knee up to 90 degrees. Inhale and lower that same foot back to the floor. Repeat with the other leg.

TIP: THIS WILL HELP TO MAKE YOUR CORE STRONGER.

REVERSE MARCH:

Lie flat on your back with both knees lifted to 90 degrees. Inhale while performing a pelvic tilt to activate your pelvic floor. Exhale while lowering one foot towards the floor, stopping before you feel your back start to arch. Inhale as you return to the starting position, then repeat the movement with the other leg.



FORM TIP: IT IS IMPORTANT THAT YOUR HEAD REMAINS ON THE FLOOR THROUGHOUT THE EXERCISE TO AVOID INITIATING AN ABDOMINAL CRUNCH.



LEG EXTENSION:

Lie flat on your back with both knees lifted to 90 degrees. Inhale deeply, engaging your abdominal region. Exhale while contracting your pelvic floor and your quadricep to extend your heel away from you until your leg is fully extended and forms a 45-degree angle to the floor. Inhale as you return to the starting position, then repeat the movement with the other leg.



ALTERNATING SUPERMAN:

Lie face down on the floor with your forehead resting on a towel and your hands above your head, with your palms facing down. Inhale deeply. As you exhale, raise your right arm and your left leg simultaneously. Keep your stomach firmly supported by the floor. Inhale as you return to the starting position and repeat with the opposite arm and leg.

FLAT BACK BALL PASS:

Lie flat on the floor, gripping a small exercise ball with your ankles as you inhale deeply. As you begin to exhale, lift only your feet and the ball. Let your arms and hands meet the ball half way. As you inhale, pass the ball from your ankles to your hands and extend it above your head. Repeat the movement by exhaling and passing the ball back to your feet.



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BY Pedro van Gaalen, Managing Editor

8

HEALTH HALOS

THAT ARE SABOTAGING YOUR RESULTS

WHAT'S
HOLDING YOU
BACK FROM
SUCCESS?

By succumbing to these clever marketing tactics many of us are unwittingly sabotaging our weight-loss efforts.

As an example, a study conducted by researchers from the University of Vermont and Cornell University, and published in the journal PLOS One in December 2014, identified the health halo effect as a major contributor to the inability of study participants to lose weight in January, which is generally the time of year when most weight-loss efforts begin.

The researchers tracked the groceries that 207 households bought between July and March to determine their shopping habits. From July to November researchers determined baseline shopping patterns, and then tracked to see how these changed over December and January.

Unsurprisingly, the researchers found that food consumption increased by 15% over baseline values during the holiday period.

Food quality was also generally poorer, with 75% of additional expenditure accounted for by less-healthy items.

Then, in January, the purchase of so-called 'healthy' foods increased 29.4% compared to baseline, and 18.9% more compared to the holiday period. What was interesting was that the purchase of less-healthy foods remained at holiday levels, with the healthier options bought over and above these unhealthy items. This led to an increase in total calorie consumption over that period in the range of 450 calories per serving per week after the New Year compared to the holiday period, and a whopping 890 calories per serving per week compared to baseline levels.

This means the problem is two fold. Firstly, consumers don't cut back on unhealthy options, opting to merely buy additional healthy options. However, thanks to the health halo effect, many of these so-called healthy foods also do more harm than good.

To help you avoid the pitfalls for making poor food choices in the name of healthy eating, here are eight of the most common health halos that are holding back your weight-loss success:



4. ORGANIC
'Certified' is the term you want to see included in any label that claims a product is organic. But again, while these foods may be healthier, this term does not mean that they contain fewer calories than non-organic options, despite what many people believe.

A case in point is participants in a 2013 study conducted at Cornell University who felt 'organic'

1. LOW FAT IS BETTER

What many consumers don't consider is that sugar is used to add taste and flavour to low-fat or fat-free products as fat is what gives many natural foods their rich flavour. This simply adds to our current general overconsumption of sugar and also negatively impacts on our body's insulin response and its sensitivity to this powerful hormone, which means that these foods are often far worse for our health and waistline than full-fat products. In addition, many low-fat or fat-free products on the market contain just as many calories as their full-fat counterparts, if not more.

2. FULL-CREAM PRODUCTS HAVE NO SUGAR

But before you swap that low-fat, sweetened yoghurt for that tub of full cream Greek yoghurt, read the label. The worst thing you can do is buy a high-fat food product that still contains added sugar, much of which may be hidden. For example, many full-cream dairy products contain stabilisers, fillers and emulsifiers. There substances are often starches, which means your high-fat food is not free from carbs or, at the very least some sugar. And that means a spike in insulin, along with an increase in your calorie intake (if you don't control portion sizes).

Stabilisers used in food production can range from substances like guar gum, xanthan gum, or carageenan, to sorbitol, glycerol, corn starch and even glucose. There is currently no requirement to list the type of stabiliser used, but any sugar-based form should be included in the total sugar content in the food label. It therefore pays to read food labels carefully and if things don't add up rather look for a product that offers more details in the ingredients list.

3. GLUTEN FREE IS NOT CALORIE FREE

Gluten intolerance and celiac disease, which causes inflammation in the small intestine of sufferers, have driven a need for gluten-free food options. However, through clever sales and marketing campaigns many consumers perceive the term to also denote a 'healthier' option. That's not the case for those who don't suffer from these maladies. And, often, those who believe they're making healthier food choices tend to overeat at meal times – a fact that has been corroborated in various studies on the subject.

Shoppers who select products that are gluten free also tend to underestimate the calorie content of those foods, thinking they contain less than their gluten-containing variants. They are therefore more likely to consume these foods in excess. However, simply removing this common protein allergen from products does nothing to reduce the calorie content of these foods. They are also generally lower in fibre than regular grain products because manufacturers often have to add extra starch, fat and/or sugar to make them edible. They also don't contain half as much iron and B vitamins as other grain products, so you'll be missing out on those essential nutrients as well.

foods were lower in calories and fat, but higher in fibre than 'regular' food.

To clarify, organic food is any product that is grown on organically-certified land without

any chemical treatments, either in the form of fertilisers or pesticides. All substances put in the ground or on plants must come from a natural source and there can be no chemical additives. This is what gives this type of food its healthful properties.



Don't let buzz words lead you to believe products are healthier options.

HERE ARE ADDITIONAL FOOD STUFFS THAT ARE TAINTED BY THE HEALTH HALO:

VEGETABLE CHIPS:

While they may certainly be a better snack option than flavoured potato chips, they're not necessarily a healthy food option. Many products contain vegetable powders, hydrogenated vegetable oils, and are loaded with preservatives to ensure longer shelf lives. While they may be made from vegetables, the processing and manufacturing process removes most if not all of the nutrient value.



ENRICHED WATER: Most enriched water products are sugar-laden, artificially coloured drinks that are loaded with empty calories. If you're already taking a daily multivitamin and you follow a nutritious diet comprised primarily of whole foods, then the added vitamins aren't providing any tangible benefits, and you can certainly do without all that extra sugar.



MUFFINS: Muffins are basically an excuse to eat cake for breakfast. Unless you know what ingredients were used, rather stay away from this so-called 'healthy' snack. Most muffins are made with refined white flour, hydrogenated oils and refined sugar. If you find Banting muffins make sure you know what ingredients were used to make them.



FROZEN YOGHURT: No, it's not a guilt-free alternative to ice cream. Most products are low in fat, which means they're high in added sugar. Also, many of the beneficial organisms that can be found in natural yoghurt such as live and active cultures are killed off by the freezing process, so there are no probiotic-derived digestive benefits to be had.





CONVENIENCE FOODS LIKE CEREAL ARE OFTEN LABELLED AS 'HIGH IN FIBRE', MOST DON'T CONTAIN AS MUCH FIBRE AS IS FOUND IN FRUITS.

5. ADDED FIBRE

While many processed or commercially produced convenience foods like cereal are often labelled as 'high in fibre', most don't contain as much fibre as is found in whole foods such as fruits, vegetables, grains and beans. These whole foods should therefore remain your main sources of fibre in any healthy, balanced diet.

The use of terms such as 'high in fibre' are also relative. What exactly does 'high' signify? And in comparison to what can this product's fibre content be considered high? These are merely clever marketing and food labelling practices that get consumers to focus on one attribute of a product to help sway their purchase decision. However, those who make decisions based on these claims often fail to consider the other ingredients included in the product.

6. 'HEALTHY' DRINK ALTERNATIVES

With the rise in prominence of low-carb, high-fat (LCHF) and paleo-style eating plans, coconut water and coconut milk and various nut-based

and plant-based milk products have become popular in stores that sell a selection of health foods and drinks.

However, if you take the time to read the labels of these products you'll see that many contain as much added sugar, if not more, than various fruit juices, particularly the sweetened variants. As such, fruit juices, sweetened almond milk or sweetened coconut water are no better for you than say a soda in terms of limiting your sugar intake.

When consuming these drinks you also get the added drawback of the increase in calories contained per 100ml from the fat content, which is a double whammy for your waistline as you're spiking insulin while also delivering more liquid-derived energy. As such, always choose the unsweetened option if you include these drinks in your diet.

7. THE BANTING BANDWAGON

The increasingly popular Banting diet has seen numerous shops and restaurants pop up around the country offering Banting-approved meals and food options. However, their menu may not be dedicated to Banting-friendly eating, and anything you order that contains carbs and sugar such as juices, sweetened shakes, carbonated drinks or even side orders that aren't strictly Banting (the term is not regulated, after all) will also result in an insulin spike along with an increased calorie intake from the fat-laden meals, which is a bad combination. It is best to keep high fat foods and meals common in Banting diets far away from any form of carbs and sugar. Also, if you decide to go Banting you have to commit and strictly adhere to the guidelines. Failing to control insulin on a

MANY COCONUT MILK DRINKS HAVE ADDED SUGAR, SO MAKE SURE YOU READ THE LABELS FIRST.



WHEN CONSUMING THESE DRINKS YOU ALSO GET THE ADDED DRAWBACK OF THE INCREASE IN CALORIES.

high-fat diet can have devastating consequences, both to your health and your waistline.

8. PROTEIN EXPLOITATION

There is no doubt that whey is a beneficial form of protein – it's highly bioavailable and is also versatile. However, while it may be the gold standard in protein, it doesn't have a midas touch. Therefore, adding a scoop of whey to an otherwise unhealthy milkshake or smoothie does not make it a healthier option. Most shakes and smoothies are loaded with sugar, which means they're also doing more harm than good. In addition, flavoured whey itself has added sugar from



the flavouring systems used, which simply adds to the total sugar content. Any of these products with added whey simply become a sugar-laden, fat-storing disaster waiting to happen. The cost of whey is also on the rise so you'll be paying a premium for minimal benefit. Rather stick to store-bought whey and use water to mix with it.

In an effort to capitalise on the health halo effect many food manufacturers are also adding protein to various products, including cereals, ready mixes and oats, to name a few, which enables them to slap on the 'fortified food' label. While you'll be getting extra protein and the associated benefits, you're more likely to buy a food that isn't that healthy or beneficial to your waistline to start with thanks to the health halo effect the added protein creates. It therefore pays to select only fortified foods that were considered healthy to begin with. 

Most shakes and smoothies are loaded with sugar, which means they're also doing more harm than good.



DON'T BE FOOLED

So don't let clever marketing and your susceptibility to unscrupulous labelling practices that aim to capitalise on your well-intentioned efforts to lose weight derail you. Cast a discerning eye over everything you buy and interrogate labels when anything claims to be or even implies to be healthy.

In doing so you'll avoid the trap that so many in the Westernised world find themselves in today, which is the overconsumption of sugar-derived calories and the underestimation of calories in foods that are often deemed to be healthier options. All this does is increase your waistline and the number on the scale, in line with the increased revenue of so-called 'health food' manufacturers.



/fakebakesa



@fakebake_sa



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#SHOWSOMESKIN COMPETITION WINNER!



CONGRATULATIONS

TO OUR LUCKY WINNER!

To help kick-start the summer season with a BANG, Laura Danielz has won herself a three month Fake Bake subscription from the #showsomeskin competition.

A big thanks to all who entered.
Stay bronzed!



THE WAIT IS OVER.

THE WINNER OF THE 2015
USN FACE OF FITNESS
HAS BEEN CROWNED!

The spray tans have faded and the final photo shoot is a distant memory, but for six deserving *fitness* magazine readers, the 12th and 13th of November 2015 was an experience they will never forget.

For the finalists of the 2015 USN Face of fitness cover model search competition it was a chance to realise their life-long ambition of appearing on the cover of their favourite magazine.

They had made it through the initial selection round, where over 220 top quality entries were received and considered for the top 32 voting round.

But before the finalists were selected to attend the final two-day photo shoot in Johannesburg in November, they had to make it through the online voting round. Friends, family, the public at large, and the judging panel then had a chance to have their say when voting opened in

October. The top 12 were selected and went through the face-to-face interview process where they met with judges from both USN and *fitness* magazine.

Following this arduous process the official top six for the 2015 USN Face of fitness cover model search were selected, which is when Alrieta de Wet, Amore Coetze, Carly Shartin, Christina Papas, Rachelle Havenga and Raeesa Sarlie were notified that they had made the cut.



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THE GIRL WHO BEST EPITOMISES THE FITNESS LOOK AND LIFESTYLE...

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ALRIETA DE WET

Age: 23

Occupation: Personal trainer

Hometown: Pretoria

Trains: Perfect Pulse in Pretoria

WHEN IS THE BEST TIME TO TRAIN IN YOUR OPINION?

The best time for me is in the morning as I find that I have more energy after a session.

WHAT DOES YOUR WEEKLY TRAINING SPLIT CONSIST OF?

Monday – Quads
Tuesday – Shoulders and triceps
Wednesday – Hamstrings and calves
Thursday – Back and biceps
Friday – Shoulders and abs
Saturday – Full leg workout
Sunday – Rest

HOW DID YOU DEVELOP YOUR PROGRAMME?

WBFF pro athlete Marco Araujo helped me to develop my programme according to my body structure and weaknesses.

HOW ELSE DO YOU STAY ACTIVE?

I stay active with group functional training sessions which I do for fun, 3-4 times a week.

WHAT HAS BEEN YOUR GREATEST CHALLENGE IN ACHIEVING YOUR PHYSIQUE?

I would say getting my body proportioned as I struggle with my lower body due to back problems.

WHAT, IN YOUR MIND, ARE THE MOST IMPORTANT NUTRITIONAL GUIDELINES?

Finding the right balance between proteins, good carbs and good fats.

WHAT DOES YOUR AVERAGE DIET CONSIST OF?

My macronutrient ratios are 40% protein (mainly rump and chicken), 40% carbs (mainly from basmati rice and sweet potato) and 20% good fats (from almond nut butter and avo).

► How do you plan to use this experience to develop your career in the health and fitness industry?

This experience has truly been amazing and something I will treasure forever. It is a great stepping stone for the future as it is a great achievement to have on your profile which I hope to make use of to create my own brand as a fitness model and athlete who helps and motivates others.

WHAT'S YOUR FAVOURITE HEALTHY RECIPE?

A protein pudding pre-workout meal I make that consists of white rice flour, whey isolate and almond nut butter.





AMORE COETZEE

Age: 22

Occupation: Sales consultant

Hometown: Durban

Trains: Virgin Active in Westville

WHEN DO YOU PREFER TO TRAIN AND WHY?

I enjoy training first thing in the morning to get my day started on a high note. It leaves me feeling energetic and ready to take on my goals.

HOW IS YOUR WORKOUT SPLIT STRUCTURED?

Monday – Shoulders
Tuesday – Back
Wednesday – Legs (quads and calves)
Thursday – Biceps and triceps
Friday - Legs (glutes and hamstrings)
Saturday – Rest
Sunday - I will train a weak area if required.
I also do 40 minutes of cardio every morning.

WHO HELPED YOU DEVELOP YOUR PROGRAMME?

When I started I learnt to train through my partner Brian. When I got more serious I hired my first coach who gave me a programme. My current coach is Ian Cornell who plans my training for me.

HOW ELSE DO YOU STAY ACTIVE?

I enjoy the outdoors. I love to go for walks on the beach and occasionally perform sprints or ride a bicycle on the promenade. I also plan to check out more of the many hiking spots around Durban.

WHAT HAS BEEN YOUR GREATEST CHALLENGE IN ACHIEVING YOUR PHYSIQUE?

Definitely overcoming a certain mindset. Your mindset is everything in this industry. If you consider this lifestyle as merely a diet, it will become a burden and a negative obstacle in your life. I like to think of it as a lifestyle. This way, being healthy and eating clean become part of your

daily routine, and you'll enjoy it more.

WHAT NUTRITIONAL GUIDELINES DO YOU FOLLOW?

Stay away from anything processed, anything in a can, or anything with a TV advert. I enjoy eating fresh, healthy products. I have the occasional treat or something that is deep fried but it's all about moderation.

WHAT DOES YOUR AVERAGE DIET CONSIST OF?

A typical day during the competitive season includes an egg white omelette with some tomatoes, onions and mushrooms for breakfast, with my other meals consisting of a USN 100% Premium Whey Protein shake with almonds; some chicken and gem squash; chicken, sweet potato and baby marrow; a chicken salad; grilled hake and a gem squash; or roast chicken and baby marrow spaghetti. During the off-season I eat along the same lines but include more carbs and have the occasional muesli and yoghurt bowl.

HOW DO YOU MAKE BETTER FOOD CHOICES EVERY DAY?

The smallest of choices can make a big difference like drinking coffee with no milk and no sugar, or ordering a salad instead of chips as a side dish during dinner. I also prefer having gluten-free dishes, and I always choose water or Coke Zero over other drinks.

WHAT SUPPLEMENTS DO YOU USE?

A multivitamin, probiotics and 1000mg of vitamin C. I take USN Hyperlean 30 minutes before a big training session. During training I

What should women consider to achieve their health and fitness goals?

You need support and motivation from friends and family. Without it achieving your goals becomes even more difficult. Then, consistently reevaluate your goals and make sure you know exactly what they are. Have weekly goals, monthly goals and yearly goals to achieve – Inch by inch it's a cinch. Yard by yard it's hard.

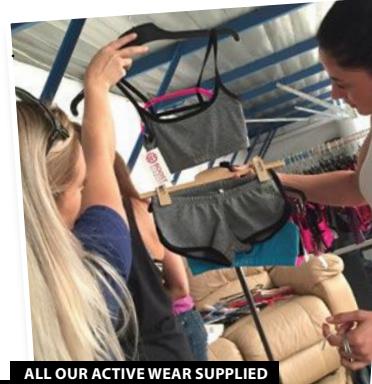
use USN Amino-lean with added L-glutamine. After my weight sessions I have 40g of USN 100% Premium Whey Protein with a cup of Rice Crispies, to spike my insulin.

ARE THERE ANY CREATIVE WAYS YOU INCORPORATE SUPPLEMENTS INTO YOUR FOOD PREP?

I love making protein pancakes: Oats, egg whites and protein powder all blended together, fried in a pan with Spray and Cook, and sprinkled with cinnamon. They're delicious!

WHAT APPROACHES HAVE YOU TRIED IN THE PAST THAT DID NOT WORK FOR YOU?

I've tried cutting carbs to lose weight or get leaner faster, but it didn't work. It just depleted me, which meant I had no energy and my emotions were all over the place. I've learnt that carbs are also important for weight loss, as you need them to boost your metabolism and for energy in the gym.



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YOU PICKED IT!

WE GAVE YOU THE CHANCE ON SOCIAL MEDIA TO PICK THE IMAGES THAT WILL FEATURE IN THE MAG!



CARLY SHARTIN

Age: 21

Occupation: Law student

Hometown: Durban

Trains: Virgin Active La Lucia or Kingspark

WHEN IS THE BEST TIME TO TRAIN IN YOUR OPINION?

Late morning or midday when the gym is empty and all the machines are available.

HOW DO YOU STRUCTURE YOUR WORKOUTS DURING THE WEEK?

Monday – Legs
Tuesday – Shoulders
Wednesday – Back
Thursday – Arms and calves
Friday – Legs
Saturday – HIIT
Sunday – Rest
I also do 30 minutes of cardio 3 times a week.

WHO HAS HELPED YOU DEVELOP YOUR APPROACH TO TRAINING?

IFBB pro Andrew Hudson has helped me fine-tune my programme and guided me with regard to my nutrition.

HOW ELSE DO YOU STAY ACTIVE?

I try to do as many outdoor activities as possible. Living by the beach makes staying active fun. When the weather is good, I walk along the promenade, do hill sprints and HIIT training outdoors.

WHAT HAS BEEN YOUR GREATEST CHALLENGE IN ACHIEVING YOUR PHYSIQUE?

By far my greatest challenge has been my mindset. I have come to realise that once you control your mind, you can conquer your body.

WHAT DOES YOUR AVERAGE DIET CONSIST OF?

My protein comes mainly from eggs, fish, chicken or ostrich. I drink 1 to 2 whey isolate protein shakes a day. My carbs usually come from oats, brown rice or sweet potatoes and lots and lots of veggies. I love veggies!

HOW DO YOU MAKE BETTER DIETARY CHOICES EVERY DAY?

I eat to feel good. I find that when I eat well I feel so much better. I literally take each day at a time and each meal at a time, constantly trying to make healthier choices.

WHAT SUPPLEMENTS DO YOU USE?

I use whey isolate to aid my recovery from training and also sip on BCAAs during and after my workouts.

ARE THERE ANY CREATIVE WAYS YOU INCORPORATE SUPPLEMENTS INTO YOUR FOOD PREP?

I love being creative when it comes to food prep. I find there are so many things you can do with supplements, especially protein. When I feel like something sweet, I make protein pancakes and protein ice cream. I also make ice cream lollies with my BCAAs.

WHAT APPROACH HAVE YOU FOLLOWED THAT DIDN'T WORK FOR YOU?

Crash diets, very low calorie or no-carb diets. There are no quick fixes.

WHAT ARE THE MOST IMPORTANT ELEMENTS OF A HEALTHY AND FITNESS-FOCUSED LIFESTYLE?

Balance. We need to realise that fitness and health form part of a lifestyle choice. So, instead of dieting rather follow a structured eating plan that you can enjoy, maintain and live by. Allow yourself a cheat meal once a week as you also need to live a little, just do things and make choices every day that are going to help you be better tomorrow.

HOW WILL YOU USE THIS EXPERIENCE TO ADVANCE YOUR CAREER IN THE FITNESS INDUSTRY?

I've learnt so much about the different approaches to fitness from all the girls and those involved in the competition. I've also grown so much from this experience, in mind, body and soul, and I'm more motivated than ever to become the best version of myself. I love this lifestyle and I'm passionate about self improvement. My personal transformation has motivated me to try to inspire others to live healthier lives.

WHAT'S YOUR FAVOURITE HEALTHY RECIPE?

Living in Durban with the humidity, protein ice cream is the perfect treat for a hot day, and it's so simple to make.



WHAT HAPPENS AFTER THE LAST PHOTO IS TAKEN? COOKIES!

IT'S NOT ALWAYS SERIOUS...



WHAT OUR MODELS EXPERIENCE





CHRISTINA PAPAS

Age: 30

Occupation: Logistics consultant

Hometown: Johannesburg

Trains: Morningside Virgin Active during the week, or Victory Park Virgin Active or outdoors over weekends

WHEN IS THE BEST TIME TO TRAIN IN YOUR OPINION?

The most important thing is to train whenever you can and as consistently as possible. I generally train in the evening because I tend to have more energy after a full day's eating.

HOW DO YOU STRUCTURE YOUR WORKOUT SPLIT?

I generally target two muscle groups per session, with about 20–30 minutes of cardio, 5–6 days a week. Depending on what my short-term goals are, I will train heavier with fewer reps, or lighter with higher reps. I also include a full body workout or plyometrics and sprints at least once a week.

HOW DID YOU DEVELOP YOUR PROGRAMME?

My trainer, Michelle Tromp, helped me. I've been training with her for three years and together we've found the exercises my body responds to the best.

HOW ELSE DO YOU STAY ACTIVE?

I love training outdoors. There is something special about being up early and working out with your friends, breathing in the fresh air and catching some sun.

WHAT HAS BEEN YOUR GREATEST CHALLENGE IN ACHIEVING YOUR PHYSIQUE?

The head game is definitely the hardest part to get around. You really need to make a conscious decision that nothing is going to stop you. You also need to trust the process, which goes against human nature. There is a reason why it's called 'the grind'; you just need to keep at it.



WHAT DO YOU CONSIDER TO BE THE MOST IMPORTANT NUTRITIONAL GUIDELINES?

Never cut out an entire food group for extended periods of time.

WHAT DOES YOUR AVERAGE DIET CONSIST OF?

I generally eat 5–6 meals a day depending on what I'm training for. I start the day with oats and egg whites and then try to eat a similar amount of food at each subsequent meal. These meals consist of quality protein sources, good carbs and vegetables. I prefer to stick to white meats like fish or chicken and eat low GI carbs.

HOW DO YOU MAKE BETTER FOOD CHOICES EVERY DAY?

The key is to be organised. I prepare all my meals in advance, which means I know exactly what I will eat and at what time. Truthfully, I eat so much and so often that I can't really make any bad food choices because I'm always full.

WHAT SUPPLEMENT PLAN DO YOU FOLLOW?

I take 2 scoops of USN Pure Whey Protein every day. I use USN Hyperlean pre-workout and USN BCAAs and glutamine twice a day. I also use USN Phedra-Cut when I'm preparing or a shoot. I also take vitamins B, C and D, and zinc and magnesium supplements daily. And I love USN protein bars which help to satisfy my sweet tooth.

ARE THERE ANY CREATIVE WAYS YOU INCORPORATE SUPPLEMENTS INTO YOUR RECIPES?

I fancy myself as a bit of a chef, so I'm always trying different healthy recipes, using supplements as substitutes for conventional ingredients. I love the idea of a guilt-free cheat. I add protein powder to my oats and love making desserts using USN Pure Whey as the base.

What are the key elements to success in terms of health and fitness?

Educate yourself early on in the process to avoid the pitfalls. Women need to understand the mechanics of how the human body works before they just start aimlessly training and dieting. The most important thing to remember is that you will not lose fat by starving yourself and you certainly won't get 'big' by lifting weights.

WHAT ARE SOME OF THE MISGUIDED APPROACHES YOU'VE FOLLOWED IN AN ATTEMPT TO IMPROVE YOUR PHYSIQUE?

I've learnt the hard way that you need to eat to achieve results. Too many women go on super-low calorie diets, expecting long-term results and this, in my opinion, does not work. The balanced approach takes a little longer but yields the best long-term results. When I started training I was also quite clueless. I only did cardio because I thought I would get big lifting weights. Also, by not eating enough food and consuming too much sugar, all I achieved was the typical 'skinny-fat' look.

HOW DO YOU PLAN TO USE THIS EXPERIENCE TO ADVANCE YOUR HEALTH AND FITNESS CAREER?

Besides being a truly life-changing experience for me and giving me the opportunity to meet the other contestants, whom I now call my friends, it has opened my eyes to a world of possibilities. I plan to compete again and bring a new level of focus to my training. I have also realised, from being surrounded by like-minded individuals, that it's possible to turn your passion into a career which is my ultimate goal.

WHAT'S YOUR FAVORITE HEALTHY RECIPE?

My go-to instant protein dessert. For the full recipe visit www.fitnessmag.co.za.



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RACHELLE HAVENGA

Age: 26

Occupation: Self-employed

Hometown: Cape Town

Trains: Virgin Active Tyger Valley

WHAT'S THE BEST TIME TO TRAIN IN YOUR OPINION?

I train at 09h00 when my mind and body are still fresh. I do my cardio in the evenings.

HOW DO YOU STRUCTURE YOUR WORKOUT SPLIT?

Monday – Legs (quads and calves)

Tuesday – Back

Wednesday – Shoulders

Thursday – Legs (hamstrings and glutes)

Friday – Biceps and triceps

Saturday – Abs and cardio

Sunday – Walk on the beach

Every weekday evening at 17h00 I do cardio and abs.

WHO PUT YOUR PRO-GRAMME TOGETHER?

I started with dietitian Jan Lategan as I wanted to tone up. He suggested I enter a fitness competition but I wasn't one for being on a stage. It took him a few months to convince me and eventually I gave in and won my first competition. That's when the bug bit so I stuck with his eating plan and I now have a personal trainer.

HOW ELSE DO YOU STAY ACTIVE?

I love taking long walks on the beach in the summertime. It's the best way to do cardio – enjoying nature while exercising.

WHAT DOES YOUR AVERAGE DIET CONSIST OF?

My diet mainly consists of oats, protein shakes, chick-

en, eggs, steak, cucumber, pineapple and avo.

WHAT ARE THE MOST IMPORTANT NUTRITIONAL GUIDELINES IN YOUR OPINION?

I think the most important nutritional guidelines would be drink lots of water and stay away from processed foods.

HOW DO YOU MAKE BETTER FOOD CHOICES EVERY DAY?

If your mindset is not right you will fall off the wagon and give in to those temptations we all experience every day. I also try to make better food choices such as having a burger but without the bun and a salad instead of a side order of chips. Cutting out unnecessary calories is the first step in the right direction.

ARE THERE ANY CREATIVE WAYS YOU INCORPORATE SUPPLEMENTS INTO YOUR FOOD PREP?

I love baking healthy treats so I often mix my protein supplements into muffins, bites, pancakes or smoothies.

WHAT'S YOUR FAVOURITE HEALTHY RECIPE?

My favourite healthy recipe is chicken, avocado, pineapple, feta and sesame seeds.

What are the most important factors women need to consider when following an active lifestyle?

I think there's a very fine line when it comes to women and fitness. You must feel comfortable in your own skin, yet still look feminine. It also has to be a lifestyle, not just a temporary diet.



BEHIND THE LENS AT FLASHBACK STUDIOS. AS OUR FINALISTS ARE BEING PHOTOGRAPHED IMAGES DISPLAY IN REAL TIME TO MAKE DIRECTING THE SHOOT EASIER.



3 X COVER GIRLS!

LAURA DANIELZ, LARA BESTER & JENADINE HAVENGA



RAEESA SARLIE

Age: 21

Occupation: Student

Hometown: Johannesburg

Trains: Virgin Active Bedfordview or Old Eds

No two people can have the exact same diet and reap the exact same results.

WHAT IS THE BEST TIME TO TRAIN IN YOUR OPINION?

Whenever you can fit it into your schedule. There are benefits to training at various times as well as what you train at those times. I often perform fasted cardio in the morning.

Doing my weight training at night is most convenient for me right now as it is after varsity.

HOW IS YOUR WORK-OUT SPLIT STRUCTURED?

Monday – Chest and hamstrings
Tuesday – Calves, abs and outer thighs with 20 minutes of interval running
Wednesday – Back and shoulders
Thursday – Calves, abs and inner thighs with 20 minutes interval running
Friday – Biceps, triceps and quads
Saturday – Cardio: 20 minutes interval running and 40 minutes of aerobic cardio on the bike
Sunday – Rest

HOW DID YOU DEVELOP YOUR PROGRAMME?

Initially I developed my own from reading articles and referencing other programmes of various athletes. In July, I began training with my good friend Warren who encouraged me to compete and introduced me to new exercise routines and guided me on how to structure my training. He also referred me to a dietician and coach who helped me prep for the 2015 Rossi Classic.

HOW ELSE DO YOU STAY ACTIVE?

On occasion, when I'm not so busy with work and studies,

my father, my little brother and I will go horse riding around a reserve in Vereeniging. When I'm on holiday, I love to find paths to run on. I sometimes attend yoga and Pilates classes with my mom at Virgin Active.

WHAT HAS BEEN YOUR GREATEST CHALLENGE IN ACHIEVING YOUR PHYSIQUE?

It has been difficult to change my approach to training because what I've done previously has always worked. However, I had to open up my mind and accept change if I wanted to really transform my body.

WHAT ARE THE MOST IMPORTANT NUTRITIONAL GUIDELINES YOU ADHERE TO?

Balance and adjustment are the most important factors. No two people can have the exact same diet and reap the exact same results. You also need to eat according to your body's needs and not its wants. Carbs are also needed to fuel the body and brain. The correct amount of good fats are also essential to support fat loss but we will all react differently to different proportions of these foods. This requires a trial-and-error approach to narrow down what will work best for you.

WHAT DOES YOUR AVERAGE DIET CONSIST OF?

I eat six meals a day, every 2.5 to 3 hours. I'm following a carb cycling approach consisting of a high-carb day, a medium-carb day and a low-carb day during the week.

HOW DO YOU MAKE BETTER FOOD CHOICES EVERY DAY?

I choose a healthy variety of foods. To ward off sugar cravings, my coach suggested I drink more water or some green tea, and if the craving persists, I sip on USN BCAAs as it tastes great and is free of sugar. I allow myself a cheat meal on the weekend as a reward for sticking to my meal plan.

WHAT SUPPLEMENTS DO YOU USE AND WHY?

I include protein, both whey and casein, in my diet. I add whey to my oats or fruit smoothies in the morning, and use casein at night as the slow breakdown and release helps to maintain lean muscle. I also use Creatine Hydrochloric as a pre- and post-workout supplement on my weight training days to boost my power and strength. I add glutamine to my water throughout my workout as well as a scoop in my water before bed to aid muscle recovery. I will use a pre-workout on those days when I feel I need a lift. I will use a creatine free and nitric oxide free pre-workout such as USN Hyperlean for cardio and USN 3XT Pump for weight training.

WHAT APPROACHES HAVE YOU TRIED IN THE PAST THAT HAVE FAILED?

I followed various online fad diets that were not realistic for the long term. A diet that is very low in carbs will definitely help you lose weight fast, but I found that I was lethargic and fatigued as a result. This affected my performance in the gym and reduced my ability to function throughout the day in terms of my mental state.

WHAT ARE THE MOST IMPORTANT ELEMENTS WOMEN NEED TO CONSIDER WHEN FOLLOWING A HEALTHY AND FITNESS-FOCUSSED LIFESTYLE?

You may have copious amounts of energy to keep you in the gym for hours on end but if you don't have the mental drive and the right mindset to get you to the gym, the mental strength to push past your limits to achieve your goals, and the mental focus needed to keep following your diet and workout routine, then all that energy ends up going to waste.

WHAT ARE YOUR TOP TIPS FOR WOMEN LOOKING TO LOSE WEIGHT?

AMORE:

Do your cardio and get that heart rate up. Cut out problematic foods such as bread, pasta, dairy and sugar, and don't get discouraged when you don't see immediate results.

ALRIETA:

Never skip meals; always weigh your food to get the right amount of macronutrients; cut sugar and dairy from your diet completely.

CHRISTINA:

Have an assessment with a professional and follow a sustainable long-term diet and training plan. Set realistic, achievable goals and work hard to achieve them.

RACHELLE:

You have to eat enough – healthy of course – and drink sufficient water. With just these two elements you will see a major shift in the right direction.

RAEESA

Firstly, consume less energy than you expend each day. Keep your protein intake high, stay away from eating carbs at night, and eat fats to lose fat. A few additional tips would be to drink no less than 3.5 litres of water a day and start drinking green tea twice a day.

CARLY:

Consistency is key. So many of us want a quick fix and are impatient when it comes to losing weight. The truth is, if you are patient, put in the hard work and are consistent, and you trust the process, the results will show. You also need to enjoy the process and embrace the struggles.



SELECTING OUR WINNER

The six finalists travelled to Johannesburg to participate in the final photo shoot at Flashback Studios in Strijdom Park in Randburg with official photographer Richard Cook.

As always, the winner was selected based on the strength of her performance at the shoot, the quality of her photos, her physique, personality and attitude.

When all was said and

done for yet another year, the judges decided that the girl who best epitomises the fitness look and lifestyle with her toned and shapely physique, her healthy outlook on life, her passion and dedication to healthy eating and exercise, and her outgoing and bubbly personality and her positive attitude, which all shone through on the day of the shoot, was Alrieta de Wet.

With that, Alrieta,

who had entered the competition before and made it to the top 32 in 2014, finally joins the growing list of previous winners and graces the cover of this issue of **fitness** magazine. She also commences her one-year sponsorship contract with USN as a brand ambassador, and is living proof that with determination and persistence you can achieve your goals.

BIGGEST PRIZE VALUE EVER!

In addition to her appearance on the cover of **fitness** magazine, Alrieta will also receive a R20,000 cash prize, a USN product sponsorship valued at R20,000, and an all-expenses-paid USN experience to represent the brand at one of the many health, fitness and sporting events that USN is involved in, both locally and internationally, valued at R30,000. That's a total prize value of R70,000 from the title sponsor – the highest in the history of the competition.

She will also receive a professional photographic

portfolio from Richard Cook, the official USN Face of fitness photographer, valued at R5,000. Additional prizes to the value of R10,000 from the competition's various clothing, beauty, entertainment and goods sponsors in the form of vouchers brings the total prize value for the 2015 competition to R85,000.

You'll also see Alrieta back on the pages of **fitness** magazine throughout the year as she will become a regular model for our various workout photo shoots. It's the perfect platform to launch an aspiring fitness model's career!



MORE THAN BMI REQUIRED TO DETERMINE OBESITY

The Biokinetics Association of South Africa (BASA) has called for the definition and management of 'obesity' to be revisited. BASA president, Dr Gerda Joubert, says the current reliance on Body Mass Index (BMI) as the main and predominantly used measure to determine if someone is overweight or obese is too narrow to accurately determine the risk of developing obesity-related health complications. These include conditions such as high blood pressure, coronary heart disease, insulin resistance, type-2 diabetes, stroke, gall bladder diseases, and several types of cancers, depression and lower back pain. "What many people may not know is that it is quite

possible for two individuals of exactly the same height and weight – and thus having the same BMI – to be at totally different levels of risk for developing obesity-related health conditions," she says. "Missing factors in the 'obesity' equation is the person's body fat percentage and waist circumference." Supporting this notion is a recent study led by Mayo Clinic cardiologist Francisco Lopez-Jimenez, that found that slim people with pot bellies are at greater risk of death than those who are overweight or obese. The 14-year study of more than 15,000 people found that men with normal weight who had big bellies – also known as central obesity – were twice as likely to die compared to men who were obese. Women with normal weights and big bellies were 32% more likely to die than obese women.

OBESITY LINKED TO BONE HEALTH

Obesity and type-2 diabetes have now been linked to an increased risk of bone fractures, according to a new animal study conducted at the University of Missouri.

The researchers examined how the development of obesity and insulin resistance contributed to the risk of suffering bone fractures and determined that exercise can prevent weight gain and diabetes, and also protects bone health by increasing bone strength.

HEALTH NEWS



FAT BEGETS FAT

New research published in the journal Nature Communication shows that the fatter we are, the more our body appears to produce a protein that inhibits our ability to burn fat.

An international team of researchers from the Wellcome Trust-Medical Research Council Institute of Metabolic Sciences at the University of Cambridge in the UK, and Toho University in Japan, have shown that a protein found in the body, known as sLR11, binds to specific receptors on fat cells to inhibit their ability to activate thermogenesis, which is the process whereby stored fat is metabolised for

energy. When the researchers examined levels of sLR11 in humans, they found that levels of the protein circulating in the blood correlated with total fat mass, and also observed that the degree of postoperative weight loss in obese patients who underwent bariatric surgery was directly proportional to the reduction in their sLR11 levels. This suggests that sLR11 is produced by fat cells.



GET FIT FOR LIFE

Research funded by the National Institute of Health and conducted at the University of Pittsburgh Graduate School of Public Health has found that achieving a healthy weight before becoming pregnant and gaining an appropriate amount of weight during pregnancy significantly reduced the risk of the

baby dying in his or her first year of life. The findings, published online in the February 2015 issue of the journal *Obesity*, highlight the need for a comprehensive approach to obesity reduction among women of reproductive age that includes weight counselling before conception and during pregnancy.



JOBURG TO JOIN CITIES CHANGING DIABETES PARTNERSHIP

In 2016, Joburg will become the first African city to join the global public-private-academic partnership to fight urban diabetes.

The cities of Joburg and Vancouver will join Mexico City, Shanghai, Tianjin, Copenhagen and Houston as partners in addressing the urban diabetes challenge. This initiative is

a response to the rapidly increasing number of people with diabetes now living in urban areas, and to the ways in which urbanisation impacts on the risk of developing this lifestyle disease.

The programme aims to determine how urban environments and living conditions contribute to the risk of city dwellers developing diabetes. A delegation from the City of Joburg including the MMC, and the VP and General Manager of Novo Nordisk South Africa and representatives from the University of the Witwatersrand, travelled to Copenhagen in Denmark to be officially inducted into the programme at the global Cities Changing Diabetes Summit, which took place in November last year.

SA GETS FIRST DEDICATED HEALTH CHANNEL

South Africans interested in improving their overall health will have a new trusted source through The Good Life Network, a health and development pop-up channel which will air on DSTV channel 199 until 31 March 2016.

5 TIPS TO KEEP YOUR WORKOUT GEAR CLEAN AND ODOUR FREE

Workout gear needs to be washed regularly to remove all the sweat, oils and minerals left behind after an intense workout. These garments, which are often pricey and made of fabrics that are light and delicate, need to be handled with care in the laundry to ensure they aren't damaged. Here are five tips to keep your workout gear clean and odour free for longer:

- 1 Don't use too much detergent:** Adding extra detergent to deal with the odour can actually worsen the problem. Your washing machine does not remove all the detergent after a wash cycle and excess detergent builds up in your clothing, trapping dead skin cells and creating an ideal environment for fungus. These chemicals can also irritate your skin when you sweat or cause lingering smells.
- 2 Don't wait to wash:** Don't leave workout gear in your bag after a gym session or race. Bacteria thrive in moist places, so wash your clothing immediately and dry them as quickly as possible.
- 3 Avoid fabric softener:** Fabric softeners damage anything that stretches, and they also sink into the weave of the fabric, leaving behind a coating that traps smells.
- 4 Hand wash:** Hand washing garments de-clogs fibres from sweat, salt, dirt and bacteria that can build up between the fibres and prevent them from breathing.
- 5 Don't tumble dry:** Rather use a laundry spin dryer such as the Spindel which uses spin power instead of heat to keep your favourite activewear looking new for longer as there is no stretching or shrinking. This process is also better able to remove leftover detergent and the minerals that can build up in your fabrics from sweating.



ALSO TRY WINTERGREEN'S PROTECT PERSONAL CARE RANGE TO KEEP YOUR WORKOUT GEAR FRESH!

Protect Activewear Pre Wash

Soak: Eliminate the odour and odour-causing bacteria left behind on clothing after each workout. It has been designed for today's high-tech fabrics that hold on to odour

and odour-causing bacteria.

R120.00

Protect anti-microbial surface spray

Sanitise areas of bacterial build up and eliminate odours.

R65.00

Order products online at www.wintergreen.co.za or buy from Sportman's Warehouse, Cape Union Mart and selected Dis-Chem stores.



ROOIBOS AIDS FIGHT AGAINST HEART DISEASE

THE ANTIOXIDANTS FOUND IN ROOIBOS HAVE ONCE AGAIN BEEN SHOWN TO PROTECT AGAINST HEART DISEASE, ACCORDING TO NEW RESEARCH.

The latest study, conducted by Spanish researchers, shows that drinking Rooibos can prevent the development of heart disease by reducing the number and size of fat cells, and also preventing the development of fatty liver disease – a condition where fat accumulates in the cells of the liver. The study also

confirmed that the complex mix of antioxidants in Rooibos are jointly responsible for its beneficial effects, and that it is therefore better to drink Rooibos tea rather than isolated compounds from Rooibos. These findings add further weight to an earlier South African study led by Professor Jeanine Marnewick, a specialist researcher at the

Cape Peninsula University of Technology (CPUT), who was able to show a positive effect in adults at risk of heart disease who drank six cups of Rooibos every day for six weeks. *Summaries of the most recent rooibos studies published in top peer-reviewed scientific journals can be found on the SA Rooibos Council website at www.saroibos.org.za.*

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MAKE 2016 YOUR BEST CROSSFIT SEASON

PLANNING THE YEAR AHEAD



With the start of a new year, every serious CrossFit athlete will likely be planning to qualify for the CrossFit Games. This is a massive goal for all the reasons explained in my previous column. Athletes should therefore have a strategic plan of action to ensure they peak at the right time during the year.

WRITTEN BY Wilna Appel, Head Coach and Owner of CrossFit PBM
PHOTO BY Anton Geyser

THE BASIC OUTLINE OF THE 2016 SEASON IS AS FOLLOWS:

- The worldwide Open takes place from February to March 2016.
- Regional competitions will be held in April and May 2016.
- The 2016 CrossFit Games take place in July.

With the changes made to the rules and qualifying criteria in 2015, the Open is no longer a non-event for local athletes. Rather, it's the first qualifying stage for any African athlete on their journey to the CrossFit Games.

Accordingly, a new degree of effort will be required to achieve the level of strength and fitness needed to progress to the next round. With fewer spots available and more competitors than ever, athletes will need to peak sooner in the season than was previously required, and will then need to peak again for the Regionals to ensure progression. Without adequate periodisation this is an almost impossible task.

THE OPEN

The Open is known for short, high intensity workouts.

No one will ever forget the punishment of a max effort seven-minute burpee competition! It was probably one of the worst workouts in Open history, and it is worth considering that the organisers of the CrossFit Games have a tendency to bring back workouts from previous years to give athletes a chance to compare their improvements over time.

The Open takes place over a five-week period with one workout performed a week. As the Open is not known for heavy workouts, an

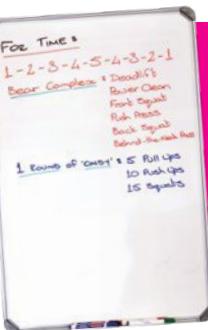
START IN JANUARY.
THE BULK OF YOUR TRAINING SHOULD BE WORKOUT ORIENTATED.

athlete's preparation should include many high intensity workouts, and enough variation to be prepared for any possible combination of exercises and modalities. These could include gymnastics, Olympic weightlifting, powerlifting, wall balls and various bodyweight exercises.

A popular training regimen for this prep cycle would therefore be the EMOM – Every Minute on the Minute – or Tabata-style workouts. These two regimens combine intensity with heavy weights which is the ideal strength and cardio combination.

The basic template for a week of preparation during this phase could therefore look something like this: Training on Monday, Tuesday, Wednesday, Friday and Saturday, with Thursday and Sunday as active recovery or rest days. Assuming that every athlete has spent enough time in the off-season on their strength preparation, the weeks leading up to the Open will be full of high intensity workouts. In a five-day training programme, at least two of the days will need to include strength training elements, whether it be a heavy snatch, clean and jerk, or a heavy squat or deadlift session. The rest of the time should be spent on technique training, including gymnastic preparation and bodyweight exercises.

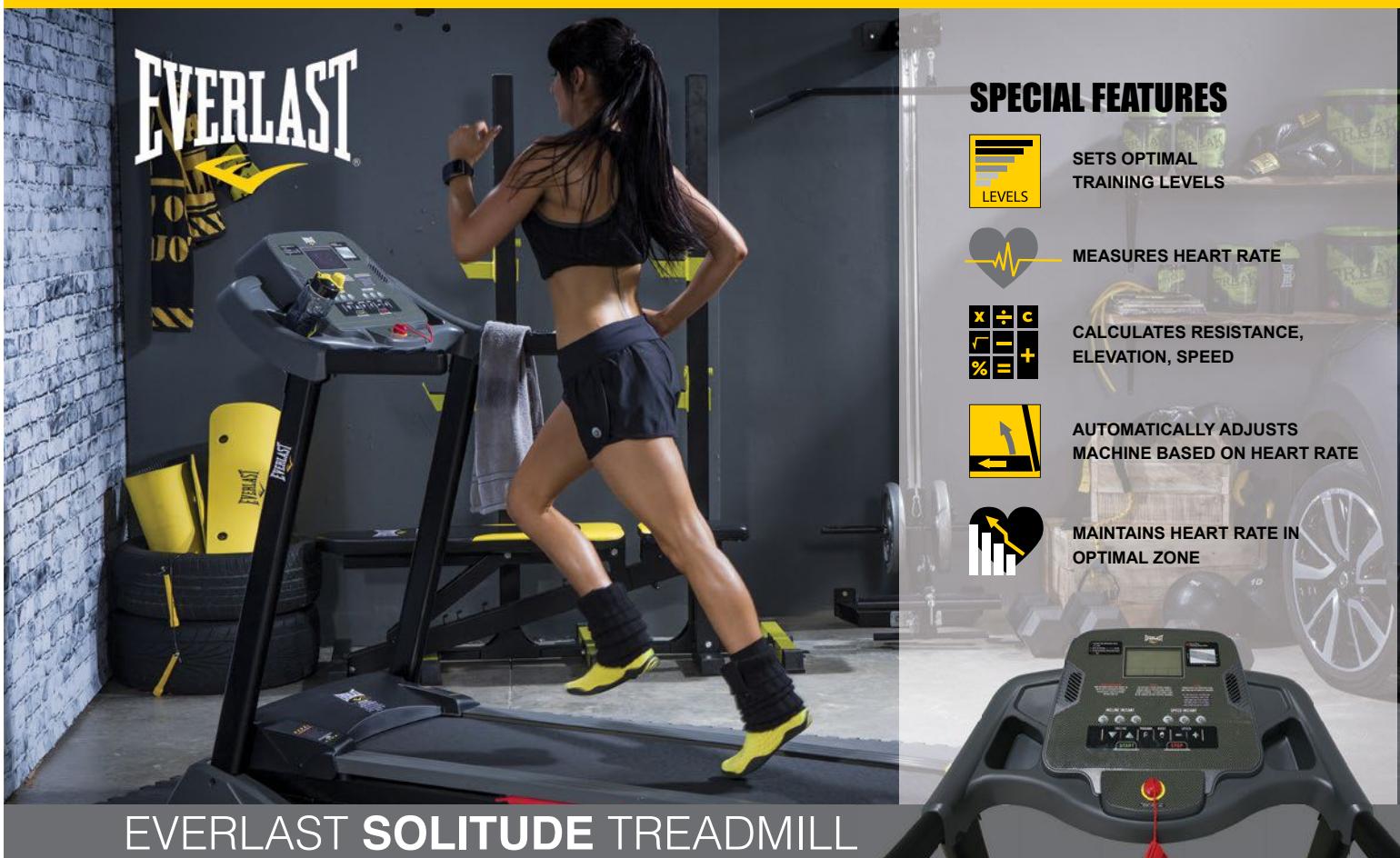
So, in summary, starting in January, the bulk of your training should be workout orientated. Include two sessions of weightlifting per week and make sure that your nutrition is adequate for the training phase you're in. And always remember, technique and form must always take precedence over weight and volume. Stay safe and work hard, and hopefully we will see you at 2016 Regionals. 



LOGGING WODS

During the Open an athlete will either complete the workout on a Saturday or Monday based on the cycle in which workouts are released. The workouts are released on a Thursday afternoon at 5pm, Los Angeles time, which would be 2am on a Friday morning in South Africa. So athletes should perform a Friday session at 75% of max effort as a gauge to determine and plan a decent strategy to complete the workout on either a Saturday or Monday, making sure to have adequate rest between sessions.

HEART RATE CONTROL TREADMILL



EVERLAST SOLITUDE TREADMILL

KNOW YOUR HEART RATE ZONES

Knowing and understanding these zones will ensure that you work at the right level to achieve your goals, and it will make your training more accurate. You will also notice that there are a number of zones that preferentially use fat stores as a primary energy source, namely 50-75% of MHR.

50-60% OF MHR

OF MHR: Suitable for performing light cardio to improve blood flow and circulation. It is therefore ideal for warming up and cooling down and is the base zone used to target fat stores as a primary source of energy.

60-70% OF MHR

OF MHR: Ideal for developing general fitness and is the ideal range for utilising fat stores as an energy source, as fat stores can be efficiently mobilised for energy at this intensity.

70-80% OF MHR

OF MHR: This is the aerobic zone and is ideal for developing endurance and improving lactate thresholds. Due to the energy demands in this zone your body will rely more on stored glycogen and digested carbs for energy, but around half of your energy will still be supplied from fat stores.

80-90% OF MHR

OF MHR: This is the anaerobic threshold limit, where your body is producing massive amounts of lactic acid, so it is only able to maintain this level for a short period of time. This is the best zone to increase your VO2 max to improve your body's ability to utilise oxygen.

90-100% OF MHR

OF MHR: This zone is the upper limit of your physical capacity and should only ever be reached during HIIT for a short period of time.

*MHR=Max Heart Rate



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STORES

AMRAP bodyweight circuit

Are you all Tabata-ed out? Looking for a new challenge to blast those festive season calories and get your fitness levels back up after a lazy holiday by the water's edge? Why not give this AMRAP – As Many Reps As Possible – bodyweight circuit a try?



HOW TO DO IT

Complete a circuit for time. Your aim is to execute as many reps for each of the 3 exercises as you can in 1 minute for a total time per circuit of 3 minutes. You then repeat the circuit 5 times or more for the ultimate high-intensity workout.

- 1. Burpees**
As many as possible in 1 minute
- 2. Mountain climbers**
As many as possible in 1 minute
- 3. Jump squats**
As many as possible in 1 minute

Repeat the circuit 5-10 times.



1 BURPEES

From a standing position, with your feet placed shoulder-width apart, drop into a deep squat with your hands on the floor in front of you. Jump your feet back so that you are in an extended plank position, while simultaneously lowering yourself into a push-up. Immediately return your feet to the squat position so that your knees are under your chest. From this position, leap up as high as possible from the squat position.

FORM TIP: KEEP YOUR ABDOMINAL MUSCLES ENGAGED AND YOUR CORE CONTRACTED THROUGHOUT EACH MOVEMENT.

REPEAT THIS CIRCUIT 5 – 10 TIMES! KEEP TRACK OF HOW MANY ROUNDS TO MONITOR YOUR PROGRESS.



2 MOUNTAIN CLIMBERS

In an extended push-up position (your arms straight and the balls of your feet on the floor) bring your left knee up to your chest, then plant your foot back down. Next, switch legs to bring your right knee in to your chest. Keep alternating your legs with each rep.

3 JUMP SQUATS

Drop down into a deep squat position by hinging at your hips and bending your knees. With an explosive movement, jump upwards so that your feet leave the ground. Your hands can either be placed on your sides or stretched out in front of you.

THIS IS IMPORTANT!

DON'T JUST JUMP STRAIGHT INTO YOUR HIGH-INTENSITY WORKOUT. ALWAYS INCLUDE A SUITABLE WARM-UP IN YOUR SESSIONS WITH SOME LIGHT CARDIO, A FEW MOBILITY DRILLS AND SOME PRE-WORKOUT ACTIVATION TO GET YOUR BODY READY FOR THE MOVEMENTS THAT FOLLOW. AND DON'T FORGET A SHORT 5-MINUTE COOL-DOWN AND STRETCH SESSION AT THE END.



IN ONLY
3 MOVES
PER DAY!

TOTAL BODY FAT-LOSS CIRCUIT

Workout and demonstrations by Joy Kushner **Images by** James Patrick

STRAPPED FOR TIME?

SQUEEZE THESE 4 CIRCUITS INTO
YOUR BUSY WEEK FOR A FULL
BODY BLAST



**FIRM YOUR GLUTES,
STRENGTHEN YOUR
CORE, AND BURN
CALORIES IN JUST
THREE MOVES PER DAY
WITH THIS TOTAL BODY
CIRCUIT FROM NASM-
CERTIFIED PERSONAL
TRAINER, FITNESS
MODEL AND PRO
FIGURE COMPETITOR
JOY KUSHNER.**

After giving birth to her daughter, Joy decided

to enter her first figure competition as a goal to get back into shape. After winning her first competition she decided to pursue her newfound passion, and has now turned that passion into a career with a ladies-only training gym and a thriving personal training business.

Joy says: "I enjoy the challenge of not only reaching personal goals,

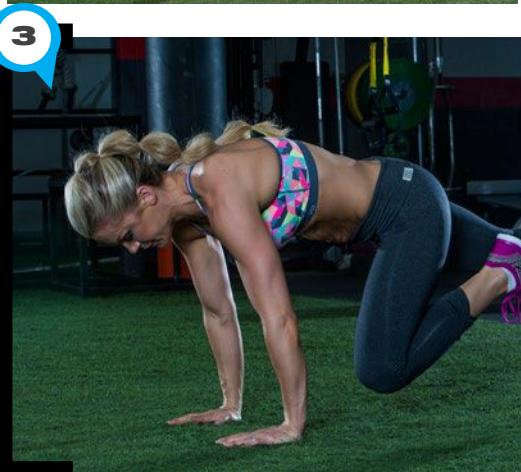
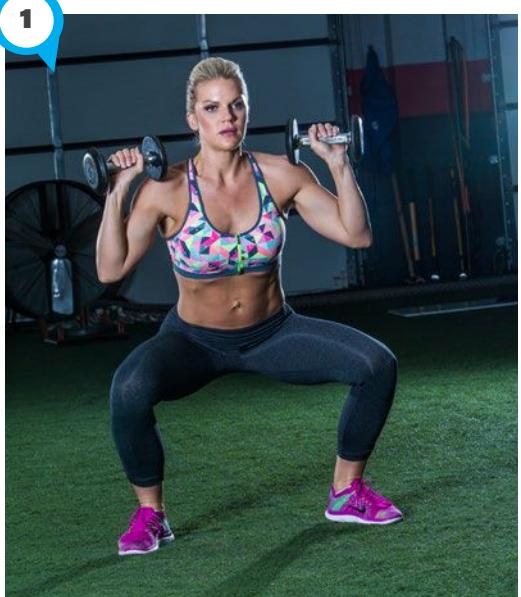
but knowing that I am helping others reach their goals. Through drive, dedication, and a disciplined mind and body, you can excel."

To help you achieve your own transformation and physique-oriented goals, Joy shares her total body fat-loss circuit workout, which she uses for herself and her clients on a regular basis...

CIRCUIT #1

do this...

Perform 2-3 rounds of 20 reps of each movement. Rest 60 seconds between rounds.



1. PLIÉ SQUAT WITH ALTERNATING ABDUCTION AND SHOULDER PRESS

How to do it: Stand holding dumbbells in either hand above your shoulders, with your feet outside of your hips and your toes turned outward. Bend your knees and lower your hips to the floor. Press into your heels and squeeze your glutes to return to the standing position while pressing the dumbbells up overhead. Lower the dumbbells under control and repeat the movement on the other side.

2. SINGLE-LEG GLUTE PRESS-DOWN ON ASSISTED TRICEP MACHINE

How to do it: Stand on the assisted tricep machine with your hands on the handles. Place one foot on the knee/foot board. Press your foot to the floor, squeezing your glutes until your hip flexor is fully extended. Bend your knee to return to the starting position, then repeat for the required reps before switching legs.

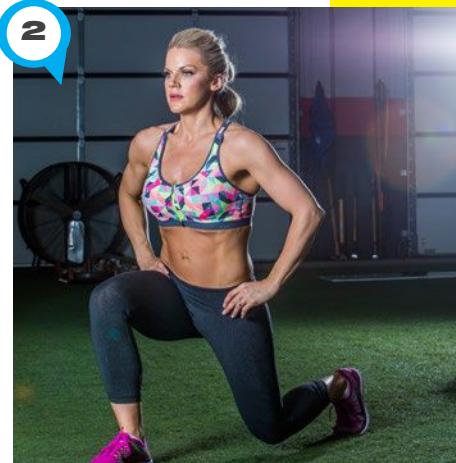
3. TRX MOUNTAIN CLIMBERS

How to do it: Adjust the TRX straps so that the foot cradles are about 30cm from the floor. Insert your feet into each foot cradle and place your hands directly under your shoulders with your elbows slightly bent. Lift your knees to form an extended plank position. Bring your right leg in towards your chest, then extend it back and repeat the movement with the left leg. Repeat for the required reps.

1



2



CIRCUIT #2

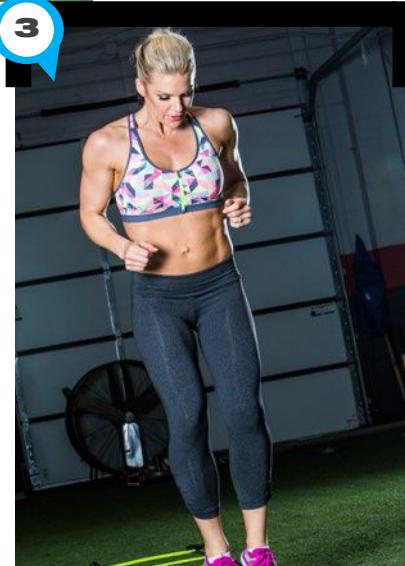
do this...

Perform 2-3 rounds of 20 reps of each movement. Rest 60 seconds between rounds.

1. PLANK ON STABILITY BALL WITH SIDE TO SIDE TOE TOUCHES
2. JUMP LUNGE TO JUMP SQUATS
3. IN/OUT JUMP SQUATS

1. PLANK ON STABILITY BALL WITH SIDE TO SIDE TOE TOUCHES

How to do it: Begin in a push-up position with your hands directly beneath your shoulders and your feet on a stability ball. Engage your abdominals by pulling your belly button toward your spine. Keeping a neutral spine, contract your right glute and lift your right leg up and to the right side of the ball. Touch the floor with your right toe, then return your right leg to the ball. Repeat the movement with your left leg.



2. JUMP LUNGE TO JUMP SQUATS

How to do it: Begin by standing with your right foot forward and your left foot back, with a slight bend in both knees. Bend your knees further to drop down into a lunge, until the thigh of your front leg and the shin of your back leg are parallel to the floor. Jump up explosively. As both feet lift off the ground switch your legs in mid air so that you land on your right foot behind you. Land softly and repeat the jump lunge movement with your left leg leading. Next, jump both feet out into a squat position, keeping your feet just outside your hips. Hinge at the hips and bend your knees to drop down into a semi squat, then jump up explosively. Land softly and return to a lunge position again, with your left foot forward this time.

3. IN/OUT JUMP SQUAT

How to do it: Jump your feet together inside each square of an agility ladder. Stay on the balls of your feet and move quickly, keeping your core contracted throughout the exercise.

CIRCUIT #3

do this...

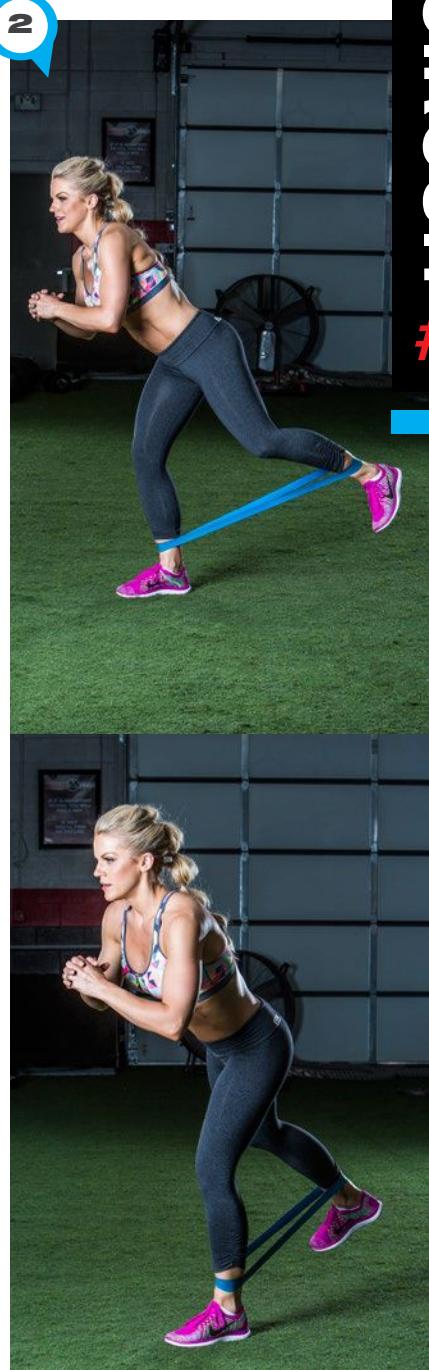
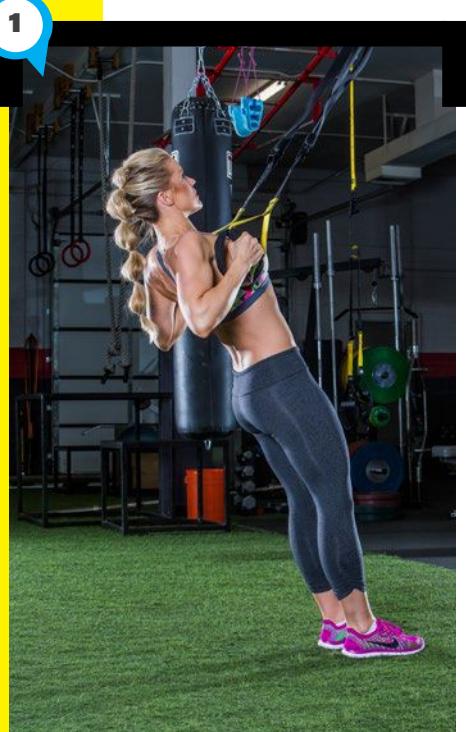
Perform 2-3 rounds of 20 reps of each movement.

Rest 60 seconds between rounds

1. TRX MID BACK ROWS

1. TRX MID BACK ROWS

How to do it: Stand facing the anchor point holding the TRX handles in each hand. Step forward with both feet and lean back as you do so. Both palms should be facing each other as they grip the handles. Contract your abdominal muscles and pull your body toward the handles. Make sure that your shoulder blades remain back and down and that your spine is neutral. Maintaining your braced torso, slowly lower your body back down to the starting position. Do not allow your shoulders to roll forward.

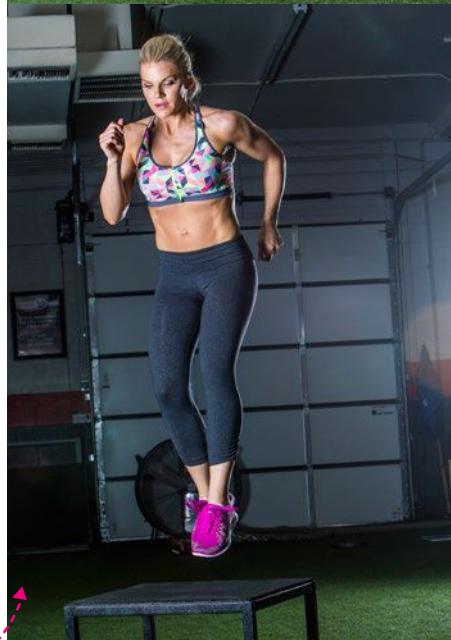


2. SUMO BACKWARD BAND WALKS

How to do it: With a band around your ankles, get into a braced running position with your knees bent and your lower back in a neutral position. Begin walking backward, keeping constant tension on the band and maintaining a bent knee posture.

3. STEP-UP HOPS

How to do it: Stand facing an elevated surface such as a box or bench and step up with your right foot. Once standing, jump up off your right foot and land on top of the box or bench with your left foot. Step down from the bench with your right foot and repeat with the other leg.



1



CIRCUIT #4

do this...

Perform 2-3 rounds of 20 reps of each movement. Rest 60 seconds between rounds.

1. MEDICINE BALL JUMPING JACKS

2. TRX HAMSTRING CURLS

3. HEEL TOUCHES

2



3



1. MEDICINE BALL JUMPING JACKS

How to do it: Stand with your feet together, holding a medicine ball in front of your chin. As you jump up, straighten your arms and press the ball toward the ceiling while jumping your legs out so that they are positioned more than shoulder-width apart. Jump up again and bring your feet back together while lowering the ball back to the starting position. Repeat the movement for the required reps.

2. TRX HAM-STRING CURLS

How to do it: Place your heels in the foot cradles, directly under the anchor point, and lie on your back with your arms at your sides. As you press your heels down into the foot cradles, contract your glutes and core to lift your hips off the ground. Draw your heels toward your glutes while keeping your hips lifted and glutes contracted. Return to the starting position and repeat.

3. HEEL TOUCHES

How to do it: Lie on your back on a mat with both feet flat on the floor. Keep both arms on the floor by your sides. Reach down to touch the heel of your foot on the same side. Repeat the movement on the opposite side.

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A 2011 STUDY IN THE JOURNAL OF STRENGTH AND CONDITIONING RESEARCH FOUND THAT HAND-GRIP STRENGTH IS A GOOD INDICATOR OF TOTAL-BODY MUSCULAR STRENGTH AND ENDURANCE.

GET A *grip*

DEVELOPING A STRONGER GRIP IS AN IMPORTANT ELEMENT OF EVERY SERIOUS GYM PROGRAMME

BY Pedro van Gaalen, Managing Editor

As you advance in the gym you're going to get fitter and stronger as you work to build a better body. However, at some point you're bound to face a specific limitation that will slow your rate of progression – grip strength. As your major muscle groups develop you'll be able to lift and pull heavier weights and perform more reps of highly effective bodyweight exercises such as pull-ups, for instance. Advancing to this level is extremely beneficial as you'll burn more calories and get a better response from your training, which is what delivers that shapely, sought-after muscle. However, your movement chain is only as strong as its weakest link and for many women that is often

their fingers, hands, wrists and forearms. While working on these structures and the associated muscle groups may sound like a waste of time as it is purely functional with no direct influence on the more desirable goal of enhanced aesthetics, when you understand that there are benefits, albeit indirect benefits to your ability to reshape your body, then the value of improving grip strength becomes more apparent.

Thankfully you need not dedicate too much valuable time to an entire training session for better grip strength. Here are a few simply tricks and tips that you can incorporate into your normal training routine to develop a stronger grip.

IMPROVE GRIP STRENGTH: TRY THESE

AVOID ASSISTANCE

Don't use straps or padded protective gloves when you start out with a gym programme, especially during pulling exercises. In doing so you'll ensure that your grip strength and forearms develop and progress in relation to your ability to pull heavier weights.

SHIFT THE LOAD

When you're doing any exercise where you're on your hands – push-ups, planks etc – perform a set or two on your fingertips. Exercises such as fingertip push-ups will work both your extensors and flexors, and also strengthens tendons and the other connective tissues in your hands and forearms.

HANG AROUND

Hanging from a bar between sets of pull-ups or even between exercises is a great way to engage the muscles needed for gripping as they need to support your entire bodyweight. Start with two hands at a time and progress to single-hand bar hangs.

ONE THICK, ONE THIN

When you perform any kind of bar work include at least one set where you use a thicker bar. Barbells that have a wider circumference will require more forearm activation during lifts. Regularly switching between dumbbells and kettlebells for specific exercises will also help to add variety to your training and develop grip strength due to the change in handle thickness.

SUPERSET SOME SPECIFIC GRIP WORK

If you use your time in the gym wisely you can perform a few specific exercises aimed at developing grip strength between your major exercises. These may include wrist rolls with a wrist roller (not all gyms will carry this device though) or the same movement performed with a light barbell. A plate pinch is another effective exercise.

HOW TO: Simply place two plates together and squeeze them together with your fingers. Hold them for as long as you can.



Hanneke Dannhauser

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TRACKING 2016'S INDUSTRY TRENDS WITH INTERNATIONAL FITNESS EXPERT SAMANTHA CLAYTON

During her recent trip to South Africa to launch Herbalife24's new performance supplement CR7 Drive, ex-Olympian and director of worldwide fitness education at Herbalife, Samantha Clayton shared her views on what she believes to be the biggest trends for the health and fitness industry in 2016.

According to Clayton, who is also a fitness model, track coach, TV spokesperson and a certified personal trainer and group exercise coach through the American Fitness and Aerobics Association (AFAA) and the American Council on Exercise (ACE), the cyclical nature of trends in the industry means we often see various themes repeat themselves.



Samantha Clayton

BACK TO BASICS

"Based on the numerous expos and seminars I have attended around the world, there is a definite move back to the fundamentals of healthy, beneficial exercise," she says. "While functional fitness is by no means a new trend, the focus is definitely shifting away from crazy trends and fads, back to important elements such as improving and enhancing natural human movement for greater efficiency and better mobility in everyday life."

Clayton believes this "ground-up" approach will remain a key trend in the industry because we know it works. "The prevailing and dominant trend over the last few years has been high-intensity, high-volume athletic-type training, driven mainly by the popularity of CrossFit," she explains.

"While intense interval-

type weight training is highly effective and exciting, it is not for everyone. It can also be injurious to those who have poor underlying strength or compromised mobility due to muscle or joint imbalances, previous injuries or the effects of modern sedentary life. It is unsurprising then that many beginners or those from the general population who were thrust into these high-intensity training environments got hurt or were unable to sustain these programmes for very long."

Accordingly, a return to the fundamental exercise principles of periodisation and progressive overload, and the development of foundational fitness in the form of core strength, enhanced mobility and movement efficiency are making long-overdue and welcome returns to the broader fitness industry, from mainstream commercial gyms to

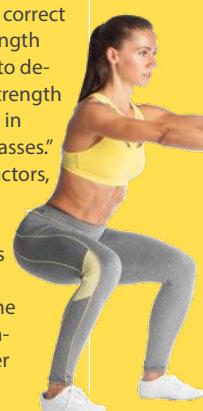
CrossFit boxes, says Clayton.

"And the re-emergence of another important principle, that of individualisation, will also be a key theme in 2016, in my opinion. Many of the trainers and coaches I have engaged with around the world now offer on-boarding classes to ensure every client becomes proficient in basic movements first, before any resistance is added. They also work to correct any imbalances be it strength or anatomical, and work to develop the fundamental strength that is needed to engage in high-intensity exercise classes."

These are important factors, believes Clayton, as they help to reduce the likelihood of injury and makes the whole experience of starting a new programme more enjoyable for beginners. "This ensures greater levels of adherence and

consistency initially, and sustained activity over the long term, which are essential factors in terms of delivering results and determining the ultimate success of exercise interventions on lifestyle."

Clayton therefore expects to see more of the general population engaging in core training, stabilisation work and closed kinetic chain movements in gyms in 2016, with less plyometric-type exercise.



IMPROVING AND ENHANCING NATURAL HUMAN MOVEMENT FOR BETTER MOBILITY IN EVERY-DAY LIFE.



FITNESS trend spotting



TAKING IT OUTDOORS

"But never fear, there will always be facilities that cater to the needs of the specialised populations, as sport-specific training and coaching will continue to grow in 2016 as an increasing number of people take on new, ever greater physical challenges."

In this regard, Clayton says the popularity of exciting outdoor activities like obstacle course racing will continue to rise in prominence into 2016 and beyond. "It's a global phenomenon, with participation at events like the Warrior and Spartan races or the Tough Mudder already at capacity. Expect to see more events like this. Trail running and triathlons are another two sporting codes that are also growing in popularity, and will continue to do so in 2016 due to the immense challenges they pose for the ordinary person."

The other trend that Clayton has identified is a growing movement toward active citizenry, where people are taking on physical feats to raise awareness and funds for special causes. "However, it's not just 5km fun runs any more. No, people are doing marathons, ultra-marathons and Ironman triathlons to really add meaning to their efforts."

Whatever the specific motivation, be it to support a charity, complete a fun new challenge like a city run, or simply have some fun with a like-minded group of friends, Clayton believes that people have more reasons than ever to get active as they train towards something more than mere weight loss. "This keeps people interested and committed to their training, which I feel will continue to drive participation levels in gyms and sporting events around the world throughout 2016 and beyond."



Exciting outdoor events like Ironman are gaining popularity.

HEALTH-CONSCIOUS EATERS

These increased levels of activity have also helped to reframe the need for improved health, particularly in the face of the ever-growing global lifestyle disease pandemic.

"While increased physical activity is being promoted by governments around the globe as a key component to improved health, it is also often the gateway to a more considered lifestyle in terms of eating," she suggests.

"More people are therefore questioning old approaches to eating and diet, with a particular focus on the detrimental effects that our sugar-laden modern diet is having on our health. I have found that people are more informed about the dangers of modern convenience foods and are now actively looking for ways to improve their diet."

Clayton believes that this increase in general awareness will help to root out the pseudoscience that pervades the nutritional world. "I would expect to see some degree of sanity return to the way people approach their eating in 2016 now that the hype and sensationalism of extreme diets like the low-carb, high-fat or Banting movement has died down and the debate on these subjects advances on the back of more rigorous studies."



"What we know for sure is that we can do with fewer carbs and a lot less sugar in our diets."

With that, Clayton expects to see people shifting their diet to one that is more balanced as they tweak their approach to suit their individual requirements and the manner in which their body and health responds.

"What we know for sure is that we can do with fewer carbs and a lot less sugar in our diets. I feel that a more balanced diet is in the region of a 30:30:40 fat-to-protein-to-carb ratio. I also don't believe that a balanced diet is one where a plate of food contains ample amounts of each macronutrient, in whatever proportion. Having come from an athletic background, I truly believe in the importance of nutrient timing – having the majority of your carbs before and/or after exercise, with perhaps a little during your training or racing, depending on your goals. The key though is to get this from healthy, natural sources."

Clayton also feels that the debate around LCHF eating has helped to reframe the importance of fat in a healthy diet. "More people now know that we need certain amounts of essential fats to get the performance and aesthetic results we want, and also improve our health over time. However, that shouldn't be to the exclusion of well-timed servings of at least some healthy carbs. Accordingly, I would expect to see more health-conscious people making a shift in the macronutrient ratios of their diets over the next 12 months, in one way or the other."



Targeted nutritional support products will be the major trend in the supplement industry.



People are starting to understand the importance of selecting brands and products that use quality ingredients and omit undesirable artificial ingredients.

SUPPLEMENT TRENDS

The age of the Internet and the pervasive nature of information has also made consumers more savvy when it comes to selecting products that can supplement their active lifestyles.

"People are taking a more individualised approach to supplementation and are making informed decisions about the kind of product that will help them achieve their goals. Whether it's improved performance, where a product like Herbalife24's new CR7 Active hypertonic carb and electrolyte blend can offer immense benefit, or a more focused approach to body transformation where products like whey and fat burners would be more beneficial, people are starting to understand the importance of selecting brands and products that use quality ingredients and omit undesirable artificial ingredients such as chemicals, preservatives and fillers that potentially have negative side effects. More consumers will be interrogating supplement labels in the year ahead and will be looking for things like the use of natural substances and low sugar contents before making a purchase."

In addition, Clayton suggests that the global supplement market will see an influx of fit-for-purpose products in 2016 that meet the various needs of a diversified user base. "The age of the category killer is over. Targeted nutritional support products will be the major trend in the supplement industry for the foreseeable future. 



IT'S TIME TO CHANGE THINGS UP!

BY Tanja Schmitz, Editor

TRY THIS in 2016

Every year the American College of Sports Medicine (ACSM) forecasts what will be trending in the fitness industry in the year ahead. According to their latest study conducted among nearly 3,000 exercise and fitness pros, the big hit in 2016 will be wearable technology. While it's reassuring to know that fitness technology is developing at a rapid pace, enabling enthusiasts and athletes to enhance performance through

tech, it's only a small piece of the bigger picture and merely one more step along the path towards achieving your goal.

Sometimes all you need is a little change in routine, or perhaps a new routine to reach your goals. As the popular saying goes: "Madness is doing the same thing over and over, each time expecting a different result." If you feel that applies to you and your current gym or fitness regimen, then maybe it's time to switch things up in 2016.



1. CHANGE YOUR GYM

Thankfully memberships don't have to be long-term commitments any more. The burgeoning fitness market has brought about many new affordable gym chain alternatives with unique month-to-month membership options.

One innovative gym is even offering new members a contract buy-out solution. **Go Health**, founded in 2014 as a top-quality, cost-effective health club chain, is willing to reimburse new members up to R1,000 to cover any penalty fees incurred when cancelling their existing contract. With memberships starting at just R259 a month, Go Health is certainly offering local fitness enthusiasts an enticing option. Visit gohealthclub.co.za/contract-buy-out/ for more info.

There are also gym chains that are catering to the more price-sensitive consumer, with low-cost options like **Planet Fitness Just Gym's** offering

AND DON'T FORGET TO LOOK OUT FOR ALL THOSE DISCOUNTS AND SIGN-UP SPECIALS THAT HAPPEN AROUND THE NEW YEAR.

cheaper month-to-month subscriptions of as low as R99 per month. These no-frill gyms deliver the basics needed to get fit and healthy on a budget.

Virgin Active are also getting more South Africans exercising with the launch of their RED Gym offering – from R179 a month, members get access to an affordable gym that still offers a host of exercise options. Seven Virgin Active RED gyms have been launched, with locations in Boksburg, Centurion, Roodepoort and Soweto in Gauteng, and Brackenfell and Okavango in Cape Town.

Go Health offers memberships for R259 a month, with their flagship gym located at Northview in Gauteng. Go Health even offers to buy out your current gym membership. Find out more: www.gohealthclub.co.za.

Aside from the bigger gym chains, there are also more privately-owned, independent fitness facilities and studios than ever, and they are increasingly competing for your business with unique and bespoke offerings. Have a look in your local newspaper or conduct a Facebook search to find what's happening in your area. A few options worth checking out include:

Muscle And Fitness Gym

Locations in Musgrave, Pinetown, Link Hills, and Arbour Crossing
www.mfgym.co.za

The Gym Company

Locations in Maponya Mall, Alberton, Baragwanath, Braamfontein, Doornfontein, East Rand Mall, Newtown, Ormonde, Randburg, Bromhof, Roodepoort, and Winchester Hills.
www.gymcompany.co.za



VIVA GYM

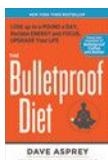
Located in Hillfox, Walmer, Fourways, Rosebank, Montana and Oakdene www.vivagym.co.za

2. CHANGE YOUR DIET

If you haven't already, this one is a no-brainer as most would say.

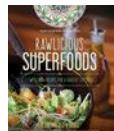
If you haven't made the change then we're challenging you to commit to moving to more natural (organic wherever possible), less processed foods. This means that if it comes in a wrapper or box rather find a natural alternative. Get educated and challenge the old-school views about healthy eating.

TO HELP YOU MAKE MORE INFORMED DECISIONS, WHY NOT READ ONE OF THE FOLLOWING BOOKS:



Bulletproof – The Cookbook: Lose Up to a Pound a Day, Increase Your Energy, and End Food Cravings for Good (Kindle Edition)

By Dave Asprey
www.amazon.com



Rawlicious Superfoods: With 100+ Recipes for a Healthy Lifestyle

By Peter and Beryn Daniel
www.loot.co.za



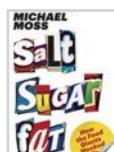
The FastDiet Cookbook: 150 Delicious, Calorie-Controlled Meals to Make Your Fasting Days Easy

By Mimi Spencer and Sarah Schenker
www.takealot.com



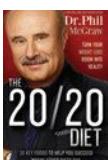
It Starts With Food: Discover the Whole30 and Change Your Life in Unexpected Ways

Kindle Edition
By Melissa Hartwig and Dallas Hartwig
www.amazon.com



The 20/20 Diet: Turn Your Weight Loss Vision Into Reality

By Phil McGraw
www.takealot.com



100 Days of Real Food: How We Did It, What We Learned, and 100 Easy, Wholesome Recipes Your Family Will Love

By Lisa Leake
www.amazon.com



The Real Meal Revolution

By Tim Noakes, David Grier, Jono Proudfoot, and Sally-Ann Creed
www.takealot.com

3. GIVE GROUP TRAINING A TRY



This is especially effective if you're new to fitness and you're looking for an easy and convenient place to start. The camaraderie and support among likeminded people will go a long way to helping you stay on track. As with gym memberships, you have many options available. Some of the bigger chains have group classes on offer built into the membership fee. As an example, as a member of Virgin Active gyms you get access at all group training classes, including spinning, body conditioning, twentyfour, The Grid, and Nova and yoga classes, to name a few.

GROUP TRAINING CLASSES WORTH CHECKING OUT INCLUDE:

Virgin Active's The Grid: Offering 30 minutes of high-intensity interval training (HIIT) for a full body workout.

Virgin Active's Just Dance: Developed exclusively for Virgin Active members by pro dancer and choreographer, Elvina 'Vee' Sylvester, a Just Dance class is a dance party that doubles as a hardcore workout.

Visit www.virginactive.co.za for more info.

Puma Fast Track at Planet Fitness: An athletic programme designed on track and field training principle on the running track. This programme will improve running ability using equipment such as relay batons, mini cones, speed ladders, mini hurdles and plyometric boxes.

Puma Primal at Planet Fitness: An intense 30-minute workout that focuses on very basic and functional movements, while participants mimic different animal-like movements. This training system aims to maximise integrated movement potential and teaches the human body to move as it is designed to.

Les Mills® Grit™ Series at Planet Fitness: Features two unique team training programmes that will push participants to their max, and beyond during each 30-minute class.

Visit www.planetfitness.co.za for more info.

Yoga-Lates at Viva Gym: Relax your being and strengthen your body with this combination of yoga and pilates.

Jazz Funk at Viva Gym: A combination of hip hop, funk and jazz that create a dynamic, exciting and effective fitness system. Classes feature interval-type fitness training with a combination of fast and slow rhythms that tone and sculpt the body. Dance off the calories, burn fat and tone.

Get in touch on www.vivagym.co.za.

Urban Fitness Outdoor SA: Offering various outdoor-based cross training and body conditioning classes at various locations around Johannesburg and Pretoria.

Visit www.urbanfitness.co.za for more info.

Adventure Boot Camp (ABC): This popular outdoor fitness programme for women offers fitness instruction, nutritional counselling and motivational training within a structured four-week course designed to help members reach their goals.

Visit www.adventurebootcamp.co.za for more info.

S.W.E.A.T. 1000: A total body interval workout that incorporates alternating high-intensity varied and incrementally increasing blasts on the treadmill with complex compound, stability, core and other aerobic floor exercises.

Locations in Johannesburg, Cape Town and Pretoria.

For more info visit www.sweat1000.com.

CrossFit: High-intensity group classes that consist of constantly varied, high-intensity, functional movements including Olympic lifting, bodyweight exercises and other unconventional movements such as rope climbing and tyre flipping, and various forms of cardiovascular exercise. Classes aim to improve endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance and accuracy. *Visit www.crossfit.com to find a list of affiliates in your area.*



TAKE CROSSFIT TO THE NEXT LEVEL BY COMPETING IN ANY OF THE FOLLOWING EVENTS THIS YEAR:

The CrossFit Open, Regionals and Games – www.crossfit.com

Virtuosity Games – www.virtuosity.co.za

Last Team Standing – www.lms360.co.za

SA Fitness League – www.safitnessleague.co.za

Last Man Standing – www.lms360.co.za

United We Stand – www.unitedwestand.co.za



4. OCR OR COMPETITIVE FITNESS

If you want to kick it up a notch, set your sights on pushing the boundaries of competitive fitness. The combination of general fitness, speed, endurance, agility, strength, coordination and stamina will present you with the ultimate physical challenge in 2016.

WHAT'S ON OFFER?

Warrior race series – www.warrior.co.za

Impi Challenge – www.impichallenge.co.za

Battle Rush – www.battlerush.co.za

Spartan Races – www.spartanrace.co.za

Jump City Challenge – www.jumpcitychallenge.com



5. GET CONNECTED

The internet has made the fitness world, be it motivational or instructional, easily

accessible. Connect with like-minded individuals, share your successes and find the inspiration you seek online! A word of warning though, this platform allows for opinionated and often uneducated views to be shared too, so seek advice from trusted and accredited sources.



CONNECT WITH LIKE-MINDED INDIVIDUALS

►
WHAT'S NO LONGER ON THE LIST?

DROPPING OFF THE TOP 20 LIST FOR 2016 IS:

Exercise for prevention of obesity, boot camp classes and specifically designed programmes aimed at addressing

children's weight loss or obesity. With adolescent weight gain and obesity problems being a major health issue, it's sad

to see that the fitness industry isn't focused heavily on addressing this problem through exercise.



YOU HAVE MANY OPTIONS OF ATTAINING ACCREDITATION AND EVEN GETTING AN INTERNATIONALLY RECOGNISED CERTIFICATION

6. GET SCHOoled

If you're a fitness professional or simply want to enhance your own understanding of how your body responds to food and exercise, furthering your education couldn't be simpler. With a multitude of training academies and associations in South Africa you have many options of attaining accreditation and even getting an internationally recognised certification.

In 2016 local health and fitness professionals will gain access to internationally accredited NASM courses. In addition to fitness education, the course also focuses heavily on business management skills to empower fitness professionals with the tools they need to make a success of their business.

Your options for fitness-related diploma and certificates include:

Institute of Fitness Professionals

www.fitpro.co.za

Trifocus Fitness Academy

www.trifocusfitnessacademy.co.za

HFPA

www.hfpa.co.za

ETA College

www.etacollege.com

Centurion Academy

www.ca.ac.za

International Institute for Sports Science and Fitness Training (IIFT)

www.iift.co.za

International Fitness Academy

www.internationalacademy.co.za

Oxigym Fitness Academy

www.oxifa.com

Physical IQ

www.physicaliq.com

TOP FITNESS TRENDS

THE TOP FITNESS TRENDS FOR 2016 ACCORDING TO ACSM

CHECK OUT PAGE 62 FOR MORE INFO ON TRENDS!

1. Wearable technology
2. Body weight training
3. High-intensity interval training
4. Strength training
5. Educated, certified, and experienced fitness professionals
6. Personal training
7. Functional fitness
8. Fitness programs for older adults
9. Exercise and weight loss
10. Yoga
11. Group personal training
12. Corporate health promotion
13. Wellness coaching (Wellness coaching was listed at no. 17 in 2014, no. 13 in 2015, and remains at no. 13 for 2016.)
14. Outdoor activities
15. Sport-specific training
16. Flexibility and mobility rollers
17. Smart phone exercise apps
18. Circuit training
19. Core training
20. Outcome measurements

Modern life is hectic and we often have to make time for our training. But when you're at the gym it's easy to get caught up in things that waste your time and detract from the intensity and effectiveness of your workout.

With these 10 tips you'll leave each workout feeling like you gave it your all and you'll soon start to reap the rewards of your more focused and efficient efforts in the gym.



10 WAYS TO BOOST YOUR GYM TIME

GET RID OF COMMON TIME-WASTERS TO GET MORE FROM YOUR TIME IN THE GYM.

1. Disconnect

Leave your phone in your locker or car. It is usually our biggest distraction in every setting, not only the gym. You won't miss much by spending an hour away from social media, SMSes and instant messaging, and you'll boost your time efficiency in the gym substantially. If you use your phone to listen to music then place it on in-flight or airplane mode before you hit the gym floor.



2. Have a plan

Aimlessly walking from one machine to the next or wandering over to the dumbbell rack to see what weights are available before deciding on what to do are serious time wasters. Have a plan before you walk in to the gym, and execute that plan precisely. Don't waste time thinking about exercise selection or set and rep structures. Move swiftly from one exercise to the next without hesitation and according to your programme.

3. Avoid the rush

Try going to the gym during off-peak hours to avoid the crowds and the queues for equipment that inevitably accompany peak gym times. You may also get an added benefit if you switch your training times, as midday sessions have been shown to boost workplace productivity. Many people also choose to use Sunday as their rest day, but that is the ideal time to get in a big session as the gym is often empty. Rather take Monday off as that is usually the busiest day of the week for most gyms.

4. Don't go walkabout

Those leisurely strolls to the water fountain may seem like the ideal break

between sets but they generally take longer than you think, and they open you up to other distractions along the way. So take a water bottle with you to gym and fill it up before you start your workout. It will also ensure that you don't over-hydrate as you can control exactly how much you consume during your session.

5. Superset me

Combine exercises in a manner that best meets your goals, and can save you some time too. Rather than separate sets of various exercises, combine a big and small muscle group together and use interesting combinations to work both in one combination set, or target one directly after the other with a superset or giant set.



6. Get more bang per rep

Selecting exercises that are better suited to your goals will ensure you get more benefit per rep than selecting a less effective option.



7. Use active rest intervals

Instead of resting between each set, rather skip, do burpees or jumping jacks, or perform another form of cardio exercise to keep your heart rate elevated throughout your session to burn more calories, and use your time in the gym more effectively. You'll also miss the queues for the treadmill or stationary bike as you'll get your cardio in with these active recovery intervals.

8. Tune out

Earphones and your favourite songs aren't just a great way to keep motivation levels high during your workout as various studies show that listening to the right kind of music while working out can help you train harder and faster. In addition, having earphones in your ears and sticking to the grind is a subtle way to tell those around you that you're focused on the task at hand and don't want to be disturbed.

Create a workout playlist with a selection of 'power songs' to keep you going.

9. Be primed and ready

Hitting the gym when you feel flat and lack energy isn't conducive to a productive session. It is therefore best to ensure you're fuelled for the session that lies ahead, and that you have something on hand to get you through those high intensity sessions. A great pre-workout supplement is ideal to give you a boost before a workout, with various intra-workout products also available to keep you going when you need a lift. A lack of sleep will also detract from your intensity and effectiveness in the gym so make sure you're getting your seven to eight hours a night.



10. Be prepared

Pack your gym bag the night before to ensure you have everything you need for an efficient gym session. Packed the wrong shoes? Forgot your water bottle? No earphones? Any of these eventualities has the potential to negatively impact your gym-time productivity.





Why
constant
progress is
unrealistic



We all spend hours in the gym day after day, and toil tirelessly in the kitchen prepping our food for the same reason – we want to constantly make progress. We want to reach our goals, whether they are fat loss or muscle gain. We want to transform our lives and our bodies, and become a healthier version of our former selves.

While there is nothing wrong with continually striving to exceed our previous best and set new, ever loftier goals for ourselves, I have come to realise that this need for constant progress can easily turn into something that isn't healthy or even feasible.

ACKNOWLEDGE your limits

BY Laetitia Dee, owner of Laetus Life www.laetuslife.com
ADDITIONAL REPORTING BY Pedro van Gaalen, Managing Editor



CHASING THE UNATTAINABLE

Modern society seems to be plagued with a desire for continual and exponential progress, which just isn't feasible beyond a certain point because of numerous factors, including your genes, time, talent, and health, to name just a few.

When training or changing your lifestyle, it is important to remember that hitting some form of a plateau is inevitable. You will reach a point where what you used to do just doesn't work any more or what you used

to eat just doesn't deliver the same results.

In these instances there are a few factors that you need to consider to try to shift the results of your efforts back to positive territory. If they don't work then it may be time to be honest with yourself about whether you have actually hit a plateau or whether you have reached your physical and genetic potential. If that is the case, then it may be time to reassess your goals and divest your focus to maintain your motivation, and your sanity.

REASSESS, READJUST

6 THINGS TO TRY IF YOU THINK YOU HAVE HIT A PLATEAU:



1 DIET: When your progress grinds to a halt you should always start by looking at your diet. In terms of transforming your outward appearance, the first thing people are inclined to do is add more cardio when they hit a plateau, but I would not advise doing so, at least initially. Start by tweaking your nutritional plan. Maybe you're eating too much; maybe you're not eating enough; maybe your diet consists of food groups that are actually hindering your progress. Your metabolism may also have reached its limit – your body always tries to achieve a state of homeostasis or equilibrium – which may require a reduction in energy consumption or a shift in macronutrient ratios to keep the needle on the scale moving in the right direction.



2 WATER: One important aspect that is usually disregarded is water intake. Adequate hydration is crucial for both fat loss and muscle gain. Dehydration can actually make you hold on to excess water, making you look puffy. Ideally, you want to drink enough so that urine remains a very pale, clear yellow. Try to drink about 2-3 litres per day.



3 SLEEP: How a lack of sleep affects our ability to lose weight has a lot to do with our hormonal balance, much of which is regulated while we sleep. Two hormones that are key in this process are ghrelin and leptin. As stated by Dr Michael Breus, a clinical psychologist and both a diplomate of the American Board of Sleep Medicine and a fellow of The American Academy of Sleep Medicine: "Ghrelin is the 'go' hormone that tells you when to eat, and when you are sleep-deprived, you have more ghrelin. Leptin is the hormone that tells you to stop eating, and when you are sleep deprived, you have less leptin." Thus, elevated levels of ghrelin and decreased levels of leptin often result in weight gain.



4 CARDIO: If you've hit a plateau and have already applied all of the above, you can then consider throwing in some high-intensity cardio to try to reignite your metabolism. Whenever you feel your progress has stalled, a couple of sprint workouts are a great option to add to your weekly routine. Do treadmill incline sprints or, even better, a track workout to hopefully get your metabolism moving in the right direction again.

5 WEIGHT TRAINING: Finally, if all else has failed to deliver the desired effect, it might be time to change your weight training programme. A change in the types or order of exercises, the set and rep structure, or the weight you use could be what is needed to start making progress once again.

If none of these have worked for you then it might be time to adjust your mindset. It is easy to throw in the towel and give up when you stop making gains, but when you hit a rough patch where you just don't see the result of your hard work, you first need to adjust your mindset to the idea of setting new often unrelated goals.

In this regard, it is crucial to be very honest with yourself. Consider whether you have reached your genetic potential as opposed to simply hitting a plateau. Be cognisant of the fact that you will eventually reach your genetic potential, be it in the amount of muscle you can add or the shape of your body. Pushing your body past this point through extreme practices like severe calorie restriction or the use of drugs and banned substances will actually do more harm than good.

The same may apply to weight loss. The euphoria and sense of accomplishment that comes with losing significant weight, and all the adulation and the compliments that come with that can become addictive. It is therefore understandable that many of us fall into the trap of aggressively trying to keep losing weight. However, at a certain point your body will initiate steps to actively halt the process as part of its engrained survival response, and persisting with your efforts past this point will have serious implications for your health.

IF THE CONDITION IS NOT MANAGED PROPERLY THEN IT CAN QUICKLY BECOME MORE SERIOUS.

THE JOURNEY CONTINUES

When we come to this point we need to accept that we have reached the end of a specific path. However, that doesn't mean the journey is over. I'm all for challenging yourself constantly and setting new goals, but in doing so you may need to set your sights on something other than your outward appearance.

To do this you first need to find contentment with the body you have achieved. Once you have done that you can move forward with your efforts to achieve something new – perhaps the attainment of a more physically oriented goal like completing a running or cycling event.

When doing so it is important to consider your schedule, your available time, your current health and, once again, your genes. Make sure that your expectations or the picture you have in your mind is feasible, attainable, realistic and, ultimately, good for you. Even then, you will eventually reach a point where further progress becomes impossible, for all the

reasons already mentioned. No amount of training will make you run faster over 5km when you reach the limits of your inherent physical and genetic potential. When that does happen, find contentment in the fact that you have achieved your full potential in yet one more aspect of life, then go searching for the next challenge.

Just remember, it doesn't always have to be bigger or better. Sometimes simply being different is enough. That's because constant progress in one area will always become harder over time, both from a psychological and physiological standpoint.

And an inability to make constant progress when your limits have been reached is not failure, no matter what modern societal norms dictate or have led you to believe. By accepting this truth and reframing your thinking around the concept of constant progress, which can be both beneficial and detrimental, and keeping your goals realistic, you can enjoy a life of never-ending fulfilment and accomplishment. 

ENHANCE YOUR MOST VALUABLE ASSETS WITH THIS TRIED AND TRUSTED APPROACH TO TRAINING



WHAT IS IT?

THE Refined ART OF CREATING MUSCLE BALANCE AND SYMMETRY INVOLVES TARGETING WEAKER AREAS BY MANIPULATING YOUR APPROACH TO WEIGHT TRAINING.

One of the more common approaches used in this regard is priority training, which entails targeting a specific muscle group with a combination of increased intensity and volume. The best and safest way to achieve this without substantially increasing your risk of injury or overtraining is to double up your sessions during the course of a week.

The trick is to start your training week with a workout targeted at this muscle group when you are fresh and have the most energy (following a rest day is ideal), and then target the same muscle group again with another dedicated workout later in the week.

REAL-WORLD APPLICATION

This has application in your life as most physique-conscious women want to improve and enhance what many consider their most valuable assets, their legs. To this end, adopting a priority training approach can yield fast and effective results.

YOU WOULD THEREFORE STRUCTURE YOUR WEEKLY WORKOUT ROUTINE SIMILAR TO THIS:

- DAY 1:** Leg workout A
- DAY 2:** Back & shoulders
- DAY 3:** Rest
- DAY 4:** Leg workout B
- DAY 5:** Arms, calves & abs
- DAY 6:** Cardio
- DAY 7:** Rest



Kelly Dessington

ADDED BENEFITS

THE UPPER LEGS ALSO MAKE UP THE LARGEST MUSCLE GROUP IN YOUR BODY. That means training them twice a week will burn added calories which can aid with weight loss and fat loss if the correct dietary guidelines are adhered to.

Kelly Dessington, a PICP level 2 strength and conditioning coach, and BioSignature Practitioner, who co-owns a private training facility called Progressive Edge Performance in Cape Town, offers her ideal priority leg training workout to crush those calories and finally achieve the luscious legs you've always wanted.

PRIORITY LEG TRAINING



BY Pedro van Gaalen, Managing Editor
WORKOUT DEVELOPED BY Kelly Dessington
Co-owner of Progressive Edge Performance, Cape Town
PHOTOGRAPHY BY Cindy Ellis
DRESSED BY Boost Gymwear www.boostgymwear.co.za
SHOT AT Viva Gym Rosebank www.vivagym.co.za
PERFORMED BY Chantel Verrall van der Westhuizen



WORKOUT A

EXERCISE	WEEK	SETS	REPS	REST
A. Back squats	1	5	12-15	60 sec
	2	5	10-12	60 sec
	3	6	8-10	120 sec
	4	6	6-8	120 sec

SUPER-SET THESE 2 MOVES

B1. Walking dumbbell lunges	1-2	4	12-15	60 sec
	3-4	4	15-20	

B2. Lying leg curl	1-2	4	10-12	60 sec
	3-4	4	8-10	

SUPER-SET THESE 2 MOVES

C1. Dumbbell hack squats	1-2	4	8-10	60 sec
	3-4	4	7-9	

C2. Stiff-legged cable deadlifts	1-2	4	12-15	60 sec
	3-4	4	15-20	

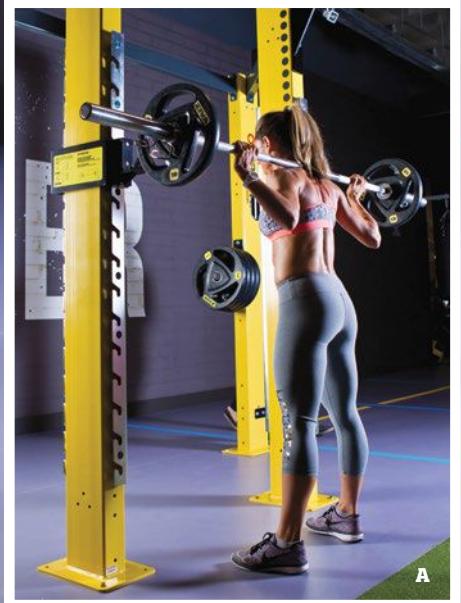
D. Sprints	1-4		10	30 sec
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KELLY SAYS:

LEGS SHOULD BE WORKED AT LEAST TWICE A WEEK, THREE TIMES IF THEY'RE LAGGING

BACK SQUATS

Go heavy and go deep. Push hard through your feet to power yourself back up. Keep your head in a neutral position and your back straight. This is the best exercise to build better legs.



A



B

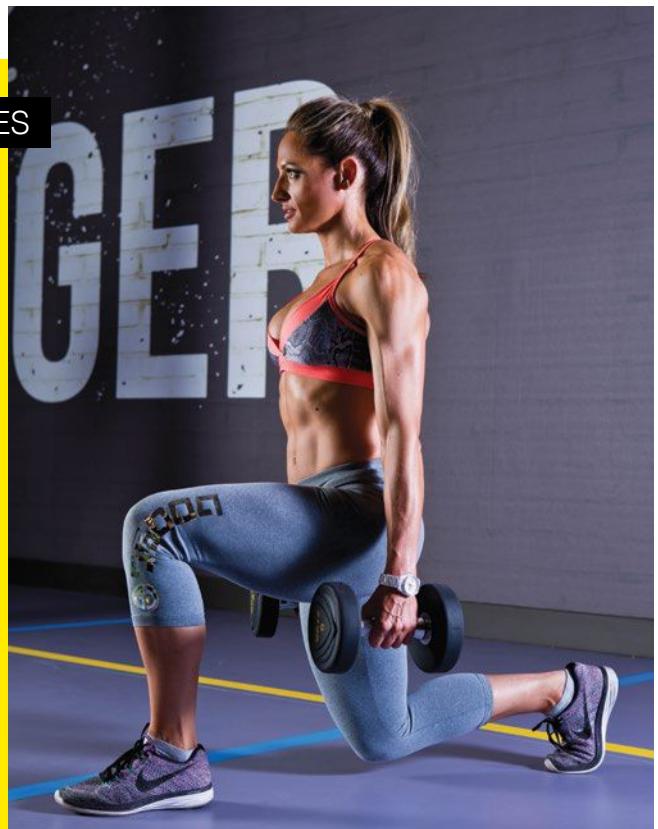
WALKING DUMBBELL LUNGES

Hold dumbbells in each hand. Take a big step forward and drop your back knee to the ground. Make sure the knee of your leading leg does not extend over your toes or collapse inwards. Push back up through your leading leg and repeat the lunge on the other side.



LYING LEG CURLS

Keep your feet dorsiflexed – toes pulled 'in' toward your shin – on the way up, and plantar flexed – toes pointing out or away – on the way down.

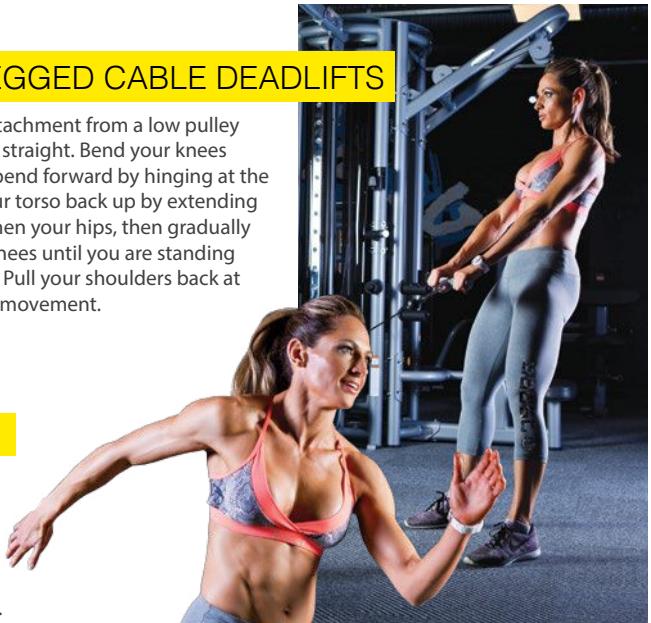


DUMBBELL HACK SQUATS

Stand up straight, holding dumbbells at your sides with your palms facing in. Hinge at your hips and bend your knees to lower yourself into a deep squat. Squat as deep as possible or until your thighs are at least parallel to the ground. Keep your head and torso aligned and upright throughout the movement.

STIFF-LEGGED CABLE DEADLIFTS

Grasp a bar attachment from a low pulley then stand up straight. Bend your knees slightly, then bend forward by hinging at the hips. Raise your torso back up by extending at the waist, then your hips, then gradually extend your knees until you are standing upright again. Pull your shoulders back at the top of the movement.



SPRINTING TECHNIQUE TIPS:

Relax your arms and swing them backward and forward at a 90 degree angle.

Run on the balls of your feet, not your toes.

Foot strike underneath your hips – don't over-stride or heel strike.

Run upright with your head high and in alignment with your torso.

Maintain a slight body lean from the ground – not from the waist – during the acceleration phase.

SPRINTS

Find an open space in the gym. From a standing, crouched or rolling start, sprint between two cones for 10 seconds.

DEADLIFTS

Place your feet flat on the floor beneath a loaded bar.

Drop your hips down and grasp the bar with an overhand or mixed grip. Position your hands at shoulder-width or slightly wider apart. Lift the bar by extending your knees and driving your hips up. Pull your shoulders back at the top of the lift and hold for a count. Return to the starting position by bending your knees and dropping your hips back.

FORM TIP:

KEEP YOUR BACK STRAIGHT AND YOUR KNEES POINTED IN THE SAME DIRECTION AS YOUR FEET THROUGHOUT THE ENTIRE MOVEMENT.



WORKOUT B

EXERCISE	WEEK	SETS	REPS	REST
A. Deadlift	1	5	12-15	60 sec
	2	5	10-12	60 sec
	3	6	8-10	120 sec
	4	6	6-8	120 sec

SUPER-SET THESE 2 MOVES

B1. 1 & $\frac{1}{4}$ squats	1-2	4	8-10	60 sec
	3-4	4	6-8	
B2. Dumbbell Romanian deadlifts	1-2	4	8-10	60 sec
	3-4	4	6-8	

SUPER-SET THESE 2 MOVES

C1. Front foot elevated split squats	1-2	4	10-12	60 sec
	3-4	4	8-10	
C2. Hyper-extensions	1-2	4	12-15	60 sec
	3-4	4	10-12	

GANT-SET THESE 4 MOVES

D1.Speed skater	1-4	5	10	transition
D2.KB sumo squats		5	15	transition
D3.Soccer step-ups		5	15	transition
D4.Kettlebell swings		5	15	45-60 sec

DUMBBELL ROMANIAN DEADLIFT

Hold a dumbbell in either hand, in front of you, with an overhand grip. Stand upright with your feet positioned shoulder-width apart. Keep a slight bend in the knees as you bend over at the hips to lower the dumbbells toward your feet. When you feel a stretch in your hamstrings, extend your hips and straighten your knees to return to the starting position. Pull your shoulders back slightly at the top of the movement. Repeat for the required reps.



1 $\frac{1}{4}$ SQUATS

Load a bar using less weight than you would for a normal squat. Execute a squat. From the bottom position, only rise up a quarter of the way – about to parallel or slightly below – then drop back down to the bottom position. Return to the upright position to complete the rep.

This exercise is a great movement to generate more glute activation during the squat.

This move was developed by Charles Poliquin, one of the world's foremost strength coaches.

HYPEREXTENSIONS

Lie face down on a hyperextension bench. Secure your heels under the foot pads. Cross your arms in front of your chest or behind your head. Bend at the waist and slowly lower yourself down as far as you can. Keep your back flat throughout the movement. Once a stretch is felt in the hamstrings or your back begins to round, stop, then return to the starting position.



FRONT FOOT ELEVATED SPLIT SQUAT

Place a step in front of you. Place one foot on the step to assume a split stance. Lower your hips until the thigh of your front leg is past parallel to the floor. Ensure that your heel remains on the step. Push off your front foot and extend your knee and hip to return to the starting position.

FORM TIP:

KEEP YOUR TORSO UPRIGHT THROUGHOUT THE MOVEMENT. DON'T LET THE KNEE OF YOUR FRONT LEG EXTEND PAST YOUR TOES AND ENSURE YOUR KNEE DOES NOT CAVE IN AS YOU DESCEND.



THE UNILATERAL EXERCISE FOCUSES ON EACH QUAD AND HAMSTRING INDIVIDUALLY WHILE IMPROVING BALANCE AND STABILITY.



KETTLEBELL SUMO SQUAT

Place your feet in a wide stance, with your toes pointing outward. Hold a kettlebell by the horns with both hands in front of you, as you would for a goblet squat. Squat down until your thighs are parallel to the floor.



KETTLEBELL SWINGS

Place a kettlebell on the floor in front of you. Hinge the hips and push your glutes back while keeping your back straight. Lower yourself down, grip the kettlebell, then pull your shoulders back and down by engaging the lats. Pull the kettlebell back so that your hands go between your legs. Contract your glutes and hamstrings forcefully and allow this to drive your hips forward, extending them in a pop-like motion. The momentum from this will throw your arms and the kettlebell forward. Allow your arms to travel up to about shoulder height. Let the kettlebell fall back fast between your legs and repeat the movement.



FORM TIP:

THIS IS NOT A FRONT RAISE.
ALLOW YOUR HIP MOVEMENT, POWERED BY YOUR GLUTES, CORE AND LEGS, TO DRIVE THE KETTLEBELL UP.



SPEED SKATER

Start by standing on one leg. Hop from one side to the other, switching legs as if you were speed skating. Swing your arms from side to side as you lower your body down to assist with balance.

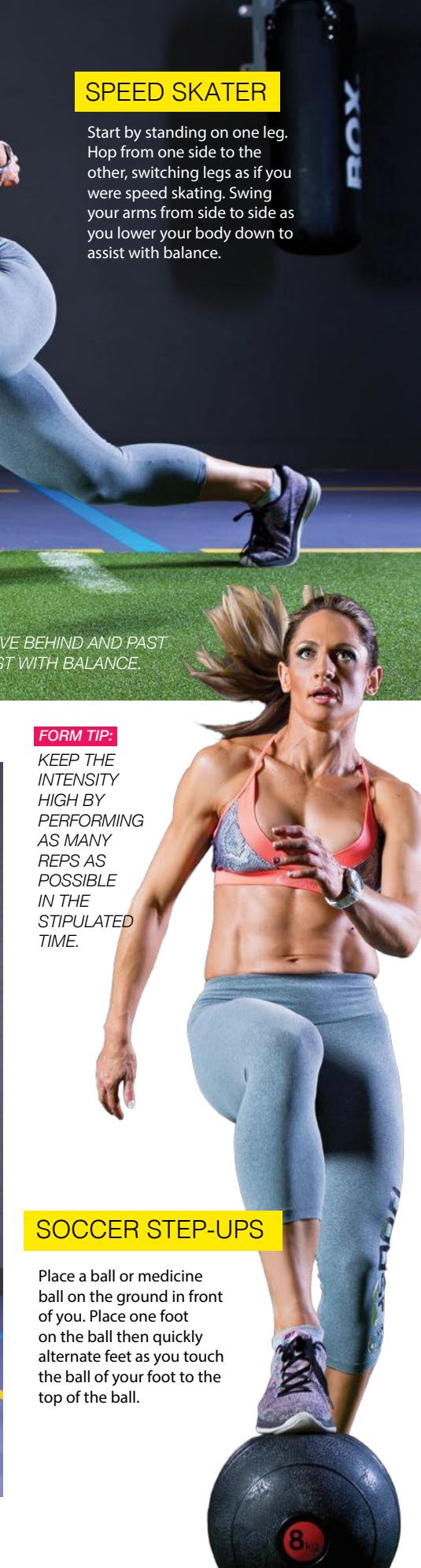
FORM TIP:

YOUR TRAILING LEG CAN MOVE BEHIND AND PAST THE WEIGHTED LEG TO ASSIST WITH BALANCE.



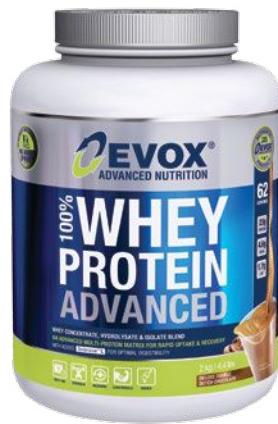
SOCCER STEP-UPS

Place a ball or medicine ball on the ground in front of you. Place one foot on the ball then quickly alternate feet as you touch the ball of your foot to the top of the ball.



EOVX® 100% WHEY PROTEIN ADVANCED

The new-to-market Eovx® 100% Whey Protein Advanced has been scientifically developed to guarantee a high level of bioavailability, with a rapidly absorbed tri-whey protein matrix that acts to support muscle tissue recovery and lean mass gains. There remains a host of immune-supporting benefits that have been linked to the regular use of whey protein, making it the perfect addition to a healthy lifestyle. Formulated using European-sourced, premium, ultra and micro-filtered whey



protein isolate, hydrolysate and concentrate, which offer ultimate purity, with no inclusive denatured protein content. The benefits are profound, providing the nutritional support, nitrogen retention and amino acid conversion needed to support accelerated muscle tissue repair and recovery. This advanced formula contains minimal amounts of fat and carbohydrates, with Tolerase™ L for a supported and sustained protein uptake. Now available in five exciting flavours, in 454g (1lb), 908g (2lb), 2kg and 3.2kg jar sizes.

SSN IGNITE 200

This hardcore weight-loss supplement, scientifically developed by SSN's team of research and development specialists, is a nutritionally advanced fat burning, metabolism and energy boosting formulation. Comprised of



a unique complex of eight fat-metabolising ingredients, SSN Ignite 200 is designed to act synergistically on lipolysis and thermogenesis which elevates your body's metabolic activity to burn more fatty acids as a preferred source of energy for working muscles.



OPTIMUM NUTRITION LEAN WHEY

Lean Whey is an advanced high protein, low carb shake from Optimum Nutrition. Lean Whey delivers 20g of high quality whey proteins which can be easily digested and absorbed by the body. Lean Whey also supplies a beneficial blend of ingredients including conjugated linoleic acid (CLA), green tea extract and L-carnitine. Each 98-calorie shake tastes great and is also low in fat.

SUPASHAPE DIET WHEY

This premium, low-GI, high protein snack replacement offers 23.5g of proteins, 9g of Supashape's superior low-GI carbohydrate complex (including oatmeal powder), and a 'Metabolic



Support Complex' that consists of EFAs, L-carnitine, EGCG and Chromium Picolinate for enhanced body fat metabolism and increased fat oxidation to keep you leaner all year around.

SUPPLEMENTS



USN AMINO STIM

USN Amino Stim has been developed as an intra-workout supplement to support performance levels during activity.

Suitable for use as an energy-boosting supplement when taken first thing in the morning and/or between meals, or as a pre-workout before training. Taking 1-2 servings immediately after training will also aid recovery and muscle development. This scientifically-formulated product contains vitamin

B6, which contributes to normal protein and glycogen metabolism as well as normal energy-yielding metabolism, in addition to essential and semi-essential amino acids, including BCAAs and glutamine, and potent energy-boosting stimulants and green tea actives.

GNC PUREDGE™ COMPLETE PROTEIN BAR

Available in peanut butter cookie dough and banana nut bread flavour, this whole-food-based bar can be enjoyed during or after workouts and as a snack between meals, on non-training days. GNC Puredge™ Complete Protein Bars contain flax seed oil and chia, which are rich

sources of omega-3 and omega-6 essential fatty acids that support joint, cardiovascular and brain functions, and skin and digestive health. Chia is also a natural source of fibre and protein and it

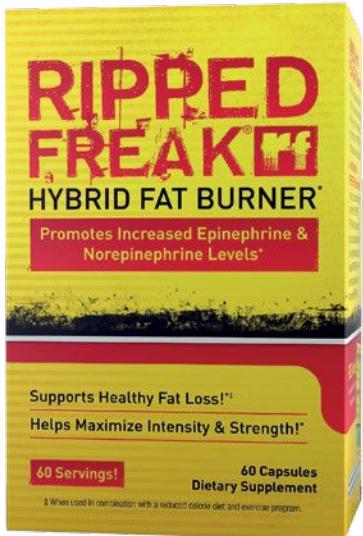
is high in antioxidants. Available at GNC concept stores throughout South Africa. Visit www.gnc.co.za stores to find your closest outlet.



RIPPED FREAK HYBRID FAT BURNER

Ripped Freak's Hybrid Fat Burner is essentially three fat loss-supporting formulas in one that aims to address the three major rate-limiting fat loss mechanisms in the body. The product contains a select group of key fat-loss ingredients, and in high doses to truly support your fat-loss efforts.

It is so powerful in fact that one capsule is all you need – not like other products that require you to take 2, 3, or even 4 capsules per serving. The naturally-occurring methyl gallate ester found in the formula also provides a natural time-released effect ensuring users do not experience jitters or a crash in energy.



100% PREMIUM. TESTED. PROVEN

WHEY MORE FLAVOURS TO LOVE!

ENJOY OUR NEW UNBELIEVABLE FLAVOURS



100% PREMIUM MULTI-SOURCE LEAN WHEY PROTEIN

NO AMINO SPIKING. TESTED BY A SANAS ACCREDITED LAB.



W WWW.USN.CO.ZA f [USN SA](#) t [@USNSA](#) i [@USNSA](#)



Make it your whey!

HIGH PROTEIN BANANA AND CHOCOLATE OAT MUFFINS!

WHAT SHE USED:

- 175ml egg whites
- 100g raw oats
- 1/2 tsp cinnamon
- 1 scoop choc protein
- 3 medium bananas
- 1 tsp of cocoa

HOW SHE MADE IT

- Blend all the ingredients together.
- Pre-heat oven to 230 degrees and spray a muffin tin thoroughly with non-stick spray.
- Spoon mixture equally into tray.
- Bake for 20 minutes or until golden brown!

WINNER: @MONICAVDSPUY

Monica says: "Clean eating doesn't have to be boring! These protein muffins are a tasty and clean way to get protein and good carbs into your routine. They are perfect for snacks and post-workout bites!"



WIN!

WIN A YEAR'S
SUPPLY OF YOUR
FAVOURITE WHEY
PROTEIN!

#FitnessReaderRecipe

Submit your reader's recipe and you could win a year's supply of USN Whey Protein. Email info@fitnessmag.co.za or tag us [@FitnessmagSA](https://www.instagram.com/@FitnessmagSA) and [@USNSA](https://www.instagram.com/@USNSA) on Instagram with the recipe and food photo! Simple as that!



PRODUCT REVIEW

REVIEW BY Angie Snyman, WBFF Pro



You've survived the silly season and hopefully you've hit the ground running already! Having spent some time over the festive season on the beach or, at the very least, around the pool in your bikini showing off the body you worked hard on achieving for months, it's now time to make the best of 2016 and reach a few new goals.

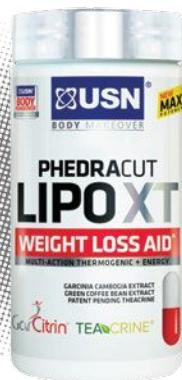
I have a few go-to products to help you with this, and also to help you feel a little less guilty after that delicious Christmas lunch.

PhedraCut Lipo XT

You will notice that I have mentioned this product on numerous occasions. This is because it is my ultimate go-to product when I'm looking to get lean and toned. I never go anywhere without my PhedraCut Lipo XT close at hand. The new formulation provides energy and mental focus through the potent blend of caffeine and the patented TEACRINE®, without giving me the crash often experienced by other stimulant-based products. In addition to the energy and mental focus, these powerful stimulants also kickstart the fat burning process by stimulating your central nervous system and helping to up-regulate your

metabolism. Added to this, the formulation also includes GarCitrin™ (Garcinia Cambogia extract), which enhances the body's uptake of the actual Garcinia Cambogia extract, and Green Coffee Bean extract to help aid in fat reduction. The new PhedraCut Lipo XT also contains PHYTOFARE™, a patented green tea extract which enhances absorption. Green tea is a well-known antioxidant and, along with its weight-loss benefits, it helps to keep the body healthy. This product is sure to help you hit your goal weight and maintain it.

★★★★★



100% Premium WHEY

USN has recently launched three new flavours in the 100% Premium Whey protein range. Wheytella, Caramel Cinnamon Doughnut and Cookies & Cream are great tasting protein shakes that will make you feel like you are cheating, but without any of the guilt. The protein sources come from a blend of Whey Protein Concentrate, Isolate and Hydrolysate which ensure a rapid uptake speed, improved muscle recovery and optimal protein purity, all in one amazingly tasty shake. With 73.4g of

protein per 100g and less than 2g of sugar per serving, this is a great shake to use not only post-workout, but whenever you feel the need to add protein to your diet. They are also ideal for the post-holiday binge without the cringe as you can make healthy smoothies, protein pancakes or protein muffins for your lunchbox in the New Year. Give these new flavours a go and you'll never look back.

★★★★★

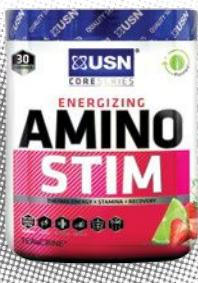


Amino Stim

If you're tired of drinking flavourless water but you don't know what to use instead, without affecting your hard earned summer body, then I have just the answer for you – USN's Amino Stim. It is a great tasting, feel-good, energy-boosting, any-time-of-the-day drink. It comes in three refreshing flavours – Strawberry Limeade, Blue Raspberry and Watermelon. Not only is this a great tasting and refreshing drink for you to take at any time of the day, but it can also serve as a pre- and intra-workout drink because it is loaded with amino acids, including the all-important Branched Chain Amino Acids

Leucine, Isoleucine and Valine, in addition to Glutamine. This will help energise you for your workout, and also helps decrease muscle breakdown and speeds up recovery. It also contains the highly effective Green tea formulation known as PHYTOFARE™ to help keep you lean, healthy and energised, as well as TEACRINE® for extra energy and focus. It contains less than 7 calories per serving with zero sugar. I would definitely recommend adding Amino Stim to your shopping list as it will be my drink of choice in 2016.

★★★★★



Protein POWER UP!

ICED COFFEE FACT:
Mazagran, a cold, sweetened coffee beverage that originated in Algeria around 1840, has been described as "the original iced coffee". It was prepared with coffee syrup and cold water.

THIS GREAT-TASTING COLD DRINK COMBINES THREE OF OUR FAVOURITE INGREDIENTS – PROTEIN, COFFEE AND CHOCOLATE.

It's a triple treat for those hot summer mornings when you're looking for a caffeine boost without the heat, in addition to your morning dose of protein.

PROTEIN ICED COFFEE

Single or double shot of espresso (as per preference)

½ cup fat-free milk

½ cup almond milk (unsweetened)

1 tbsp raw cacao powder

1 scoop whey protein powder, chocolate flavour

10 ice cubes

1. Brew the espresso shot(s) and allow to cool.
2. Place all ingredients in a blender and blend until smooth.
3. Add more ice (thinner) or more almond milk (thicker) to achieve desired consistency.



MAKING YOUR FAVOURITE ICED COFFEE RECIPE AT HOME PUTS YOU IN CONTROL OF THE INGREDIENTS AND QUANTITIES TO ENSURE A TASTY BEVERAGE THAT DOESN'T BREAK THE BANK IN TERMS OF YOUR DAILY CALORIE AND SUGAR INTAKE!



WARNING

A store-bought iced coffee product such as a mocha frappuccino can contain up to 450 calories (for a grande with full-cream milk) and up to 40g of sugar for unflavoured variants – that's 10 teaspoons! Add flavouring and that increases to between 60-75g of sugar...



Solgar's L-Carnitine Liquid 1500 mg is a blend of free form, pharmaceutical grade L-Carnitine and pantothenic acid (vitamin B5) and is designed to support the body's natural energy manufacturing processes and fat metabolism. L-Carnitine has also been shown to support exercise recovery. L-Carnitine Liquid 1500 mg should be an essential part of every athlete's supplement regime. Delicious lemon flavour and convenient for those on the go. SOLGAR®. It's your choice.



SOLGAR | It's Your Choice.

SOLGAR Vitamins | INNOVATION AND QUALITY Since 1947

Available from Independent Health Stores and Healthcare Practitioners
For more information e-mail infosa@solgar.com | www.solgar.co.za | Tel 011 462 1652

CAREFULLY MANUFACTURED in the USA BY SOLGAR LABORATORIES

This medicine has not been evaluated by the Medicine Control Council.
This medicine is not intended to diagnose, treat, cure or prevent disease.



NUTRITION

WHAT IS HEALTHY EATING?

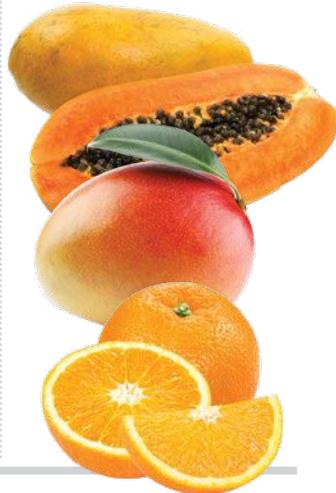
The term 'diet' is frequently thrown around without any definition

The Finding Common Ground summit hosted in Boston and organised by Oldways, a food and nutrition nonprofit organisation, brought more than 75 experts from the U.S., Canada and Europe together to reach consensus on overall nutrition recommendations. The committee suggests that a healthy diet should include abundant fruits, vegetables, nuts, whole grains, legumes and minimal amounts of refined starch, sugar and red meat, especially processed red meat.



KIWI – A CONCENTRATED SUPERFRUIT

A study that ranks popular fruits on the basis of their nutrition density per 100g, published in The Journal of the American College of Nutrition, states that **kiwi fruit** has the highest nutritional density in comparison with all the other fruits. Kiwi, with an index of 16, is followed by **papaya** (14), **mango** (11) and **orange** (11).



HIGH PERFORMANCE ON LOW-CARB DIETS

A new study published online in the journal *Metabolism: Clinical and Experimental* has found that elite athletes who habitually eat low-carb diets are able to burn more than twice as much fat as high-carb athletes during maximum exertion and prolonged exercise.

The study involved 20 ultra-endurance runners between the ages of 21 and 45 who were top competitors in running events of 50km or more. "These low-carb athletes were spectacular fat burners," said lead researcher Jeff Volek, professor of human sciences at The Ohio State University. The low-carb athletes had consumed a diet composed of 10% carbs, 19% protein and 70% fat for six months or more, with an average time in ketosis of 20 months.

The 10 high-carb athletes followed a macronutrient ratio of 59% carbs, 14% protein and 25% fat. During the study the average contribution of fat during prolonged exercise in the low-carb and high-carb groups was 88% and 56%, respectively. This was the highest fat-burning rate under these conditions ever witnessed by researchers. Also, despite their low-carb intake, researchers found that the fat-efficient athletes had normal muscle glycogen levels at rest.



CONSOL GRIP & GO™ ACTIVE

For those who like to get active, the new Consol Grip & Go™ Active 500ml sports bottles are now fitted with a BPA-free flip top lid which makes them perfect for exercising. The base of the lid is black and the flip top is currently available in four colours: black, dark blue, pink and green. Where traditional gym bottles quickly start to taint the flavour of the liquids they carry, the purity of glass and its ability to naturally preserve true flavour keeps liquids tasting as they should. Available for R27 at the Consol shop in Woodmead and Stellenbosch,



as well as other leading retailers nationwide. Visit www.consol.co.za or Consol Glass on Facebook for more info.

\$64.17bn



THE REVENUE THAT THE GLOBAL SPORTS NUTRITION AND FITNESS SUPPLEMENTS MARKET ACHIEVED IN 2015, ACCORDING TO VISIONGAIN'S LATEST SPORTS NUTRITION & FITNESS SUPPLEMENTS MARKET REPORT 2015-2025, WHICH LOOKED AT THE SALE OF PROTEIN BARS, GELS, ENERGY BARS, POWDERS, AND SPORTS AND ENERGY DRINKS.

3 REASONS TO EAT MORE SESAME SEEDS

Sesame seeds offer numerous health benefits:

1

Promote healthy skin

Sesame seeds are full of zinc, an essential mineral for producing collagen and giving skin more elasticity. Zinc also helps repair damaged tissues in the body.

2

Source of protein

Sesame seeds have 5g of protein per two tablespoons.

3

Boost digestive health

Sesame seeds are rich in fibre which is essential for a healthy digestive system and a healthy colon.

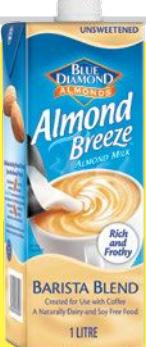


Visit www.Pouyouka.co.za for updates on the release of a new recipe book that will contain various recipes that include sesame seeds.

THE NATURAL DRIED FOOD CO. NOW AVAILABLE AT FRESH EARTH

The Natural Dried Food Co. is a company that produces and sells dried fruit and a range of other dry foods in convenient snack-sized packets. Products are free of preservatives with no added ingredients. The Natural Dried Food Co. team make exciting and different fruit mixes using a wide range of seasonal fruit.

They are a proud supporter of local farmers and source organic and sustainable fruits wherever possible. The Natural Dried Food Co. are now also available throughout the year and reach a wider market following a partnership with the Fresh Earth Bake House. For more info visit www.freshearthbakehouse.co.za.



ALMOND BREEZE BARISTA BLEND

Almond Breeze Barista Blend is a great tasting, rich and creamy alternative to milk. Created specifically for use with cappuccinos, lattes and flat whites, the flavour complements coffees in taste and provides consistency when frothing. A naturally dairy and soy-free food, Almond Breeze Barista Blend combines the superfood benefits of almonds with delicious taste, and has fewer kilojoules than regular skim milk and soy. The non-genetically modified, unsweetened Almond Breeze Barista Blend has no added sugar and is suitable for vegans. Available at leading coffee shops and restaurants.

Find out more on www.almondbreeze.co.za, @AlmondBreezeSA on Twitter and AlmondBreezeSouthAfrica on Facebook.

CULT RAW ENERGY DRINKS

Cult Raw Energy drinks deliver a boost when your energy levels are running low. Cult Raw Energy Fruit is a delicious blend of mango, orange and passion fruit with a shot of caffeine for good measure. Cult Raw Energy Sugar Free gives you a much-needed boost without added sugar.



Available in 250ml cans from Clicks stores nationwide.



DANONE RELAUNCHES NUTRIDAY RANGE

The NutriDay yoghurt range from Danone has undergone a full transformation, both inside and out. Offering 27 flavours across the NutriDay Smooth and Fruit ranges, and three new pack sizes (150g, 270g and 600g) each product is made from a combination of milk and live cultures and, in addition to calcium and protein, NutriDay yoghurt is a source of vitamins A, B, D and E. For more info visit www.danone.co.za.



DID YOU KNOW?

Researchers from the Weizmann Institute of Science in Israel have discovered that people fed with the same food had different health responses, including unique blood glucose responses. This means that a food can be considered healthy for one person, but is not necessarily healthy for another.

NEW!



READ IT.
ANYTIME,
ANYWHERE

GET IT ON
Google play

Available on the
App Store

zino™ MAGZTER
DIGITAL MAGAZINE STORE

BY Dani Waterston, MA
(Research Psychology), BA (Hons)
Psychology, and Consulting Nutritionist

Mindful EATING

THE LINK BETWEEN YOUR MIND, FOOD AND WEIGHT LOSS



We live in a world where multi-tasking is part of our daily life and simultaneously juggling responsibilities is second nature.

More often than not we run on autopilot to get through the numerous tasks we need to complete, often in a misguided attempt to become more efficient at life. One such undertaking that appears to have joined the unconscious rat-race is the simple task of eating.

How often have you rummaged around the bottom of a bag of chips looking for one more handful, only to realise that you've devoured the entire thing without even realising it? Or maybe you opened up a slab of chocolate last night to treat yourself to two blocks but ended up throwing away the wrapper after devouring the entire bar in front of the TV? What about those times when you're late for work or trying to tend to the family so you practically inhale your dinner?

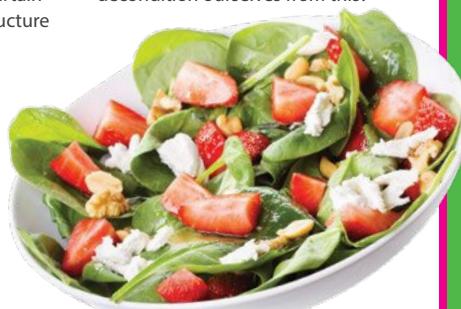
Eating in this manner has become so engrained that we're no longer aware or acknowledge the feeling and sensation of eating, or even the feeling of satiety for that matter. In doing so we're robbing ourselves of the enjoyment of eating and the social connectedness that comes with sharing a meal.

We are often so incredibly detached from our hunger and the enjoyment of the food we eat that we simply eat without awareness – mindless eating as it is commonly called. Nowadays many individuals are also programmed to eat certain foods at certain times. This structure further removes us from the enjoyable act of eating and from knowing if we're actually hungry.

This can have huge implications on feelings

of satisfaction after meals, understanding when we are hungry, and even when we are full. Ultimately, our disconnectedness with these sensations result in fluctuations in our body weight.

By reconnecting and becoming more in tune with our hunger impulses and our instinct to eat for sustenance and survival we become more cognisant of the act of eating and our choice of food. We may even bypass this automatic behaviour that has become so engrained. The question then is, how do we decondition ourselves from this?



PRESSING RESET

The whole ethos of mindfulness is to encourage people to live in the moment. The theory explains that we are so busy trying to block out past worries and anticipate future ones that we rarely concentrate on enjoying what we are doing at the precise moment we are doing it.

Mindfulness can be applied to many areas of life. A few key areas in which such awareness can be harnessed in the context of a healthy and fit lifestyle is during exercise or sporting events, during eating, and the weight-loss journey itself.

Although we may engage in one or all of these spheres, how often, if at all, do you consciously, willingly and thoughtfully immerse yourself in the process? When was the last time you were exercising and intentionally experienced each rep of a set? When last did you take a break from your inner monologue during a run to look up and enjoy your surroundings? Or when last did you enjoy a small chocolate to the extent that you felt incredibly satisfied once you had finished it?

These are just a few of the many things which we now take for granted. We do not do so because we're ungrateful; we do so simply because we are conditioned to constantly move forward. This symptom of modern life has led us to believe that success is predicated on constantly being one step ahead, which leaves little time to fully appreciate the moment. We have forgotten, by means of lack of practice, how to value and enjoy what is happening right now.

FOOD JOY

Eating is an incredibly pleasurable act which we engage in every day. Eat when you are hungry, stop when you are full; and eat what you want during that time. This concept seems completely bizarre and against the eating norm of today.

When I first heard this analogy I immediately thought to myself: "If this was the case I would eat nothing but chocolate!" The paradox of this statement is that mindful eating is not eating what is 'forbidden' and 'not allowed'. It is eating intuitively by paying attention to hunger cues and understanding what it is that you are truly hungry for.

As children we are naturally inclined to follow these cues. If you watch a child at a party, in general, when they are presented with two tables –

one with nutritious foods and the other with non-nutritious foods such as sweets or chocolates – most will eat what they genuinely feel like in that moment. They also tend to stop when they are satisfied and full, whatever foods they choose. As a result, they don't feel obligated to finish the food they have selected. There is no guilt, no mind games or no binge eating.

In an ideal world, children could grow into adulthood with this intuitive behaviour still intact. However, outside influences negatively impact on our ability to maintain this degree of cognition.

The outside world shapes our associations and dictates behaviours according to established popular norms, whether they are healthy or not.

THE OUTSIDE WORLD SHAPES OUR ASSOCIATIONS AND DICTATES BEHAVIOURS ACCORDING TO ESTABLISHED POPULAR NORMS, WHETHER THEY ARE HEALTHY OR NOT.



WHY ARE YOU EATING THAT?

Our emotions play an important role in how, what and why we eat the foods we eat. Emotional eaters can appreciate this statement as it is our emotions, moods and feelings which may lead to certain patterns of eating. How often do you stop and ask yourself why you are eating something even if you are not hungry? Or, why do you continue eating even though you are full?

In some instances this can be connected to a certain event, be it a bad day at work or an argument with a loved one which can trigger emotional eating as a coping mechanism. In doing so we are no longer using food for its intended purpose – to nourish and fuel our bodies. In this example, we are not hungry and as a result we are not eating in a state of awareness. Food becomes a distraction against the situation

we are trying to divert our attention from. At this point, we are no longer 'listening' to our bodies and are therefore ignoring those intuitive cues that should dictate the actions of our rational 'self'. Rather, our actions are being driven by irrational thoughts and feelings that the mind tries to appease.

In this regard, mindful eating can be summarised in a few points:

- A peaceful eating relationship with food according to your body's needs.
- Eating consciously to support your body and state of health.
- Balance, choice, wisdom and acceptance.
- Being aware of our surroundings, our mental state, our body, and our spirit.

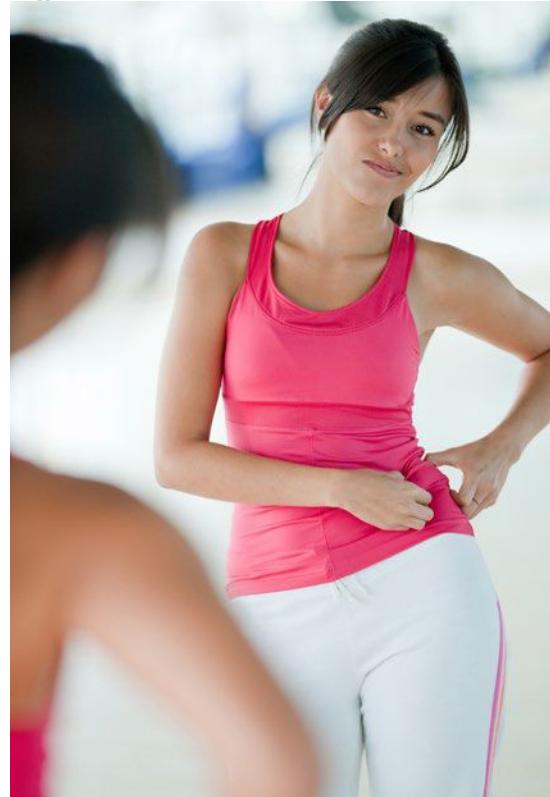
HEALTH IMPLICATIONS

Eating mindfully can also positively impact on our physical health. When we eat, the food passes into our small intestines in little spurts. This action triggers the release of a hormone called cholecystokinin (CCK) which sends a message to the stomach to slow down these spurts of food. In addition, it is also the hormone that lets the brain know when we are full and need to stop eating.

Eating too quickly has a negative effect on the release of CCK. In some instances it may be released too slowly and as a result we overeat. When you are too hungry you will eat very quickly – this too has the same result with regard to CCK efficiency.

A study published in the Psychosomatic Medicine Journal, documented the effects of mindfulness interventions on 19 groups of overweight individuals to show how eating in this manner can affect weight loss. The results concluded that significant weight loss was documented among participants in 13 of the 19 studies. This highlights the importance of being aware of our eating and the impact it has on our physical health.

Also, we know that how we look and feel greatly impacts on our self-esteem. It can therefore be assumed that those who lose weight by means of implementing mindful techniques also experience more positive perceptions of their overall self.





TAKE THE TIME TO LOOK AND APPRECIATE YOURSELF ON A PHYSICAL LEVEL – YOUR CURRENT STATE OF HEALTH OR YOUR CURRENT ABILITIES.

MINDFUL LIVING

Mindful eating may also be the first step on our path to more mindful living. Being part of the prevailing appearance and vision-driven society has a significant impact on our self-worth and self-image. As a result, we want to be the best version of ourselves. However, how often do we stop and appreciate who we are and how we look in a specific moment? One of the greatest factors that contribute to the mindfulness process is accepting the current moment or situation non-judgmentally.

In the context of any weight-loss journey I'm sure we can all admit that we're totally

focused on the end result, be it fitting into a pair of jeans or looking good for your beach holiday. Setting these goals can be very motivating. However, the road to that final outcome is seldom focused on. More often than not, individuals will look in the mirror and focus on how far they have to go rather than where they have come from. Even focusing on the latter is not appreciating your current state. Yes, it is important to be conscious of the beginning and the end. However, it is incredibly important to focus on the present, acknowledge what it has taken to get there and to assign meaning to that point in the journey. Appreciating the current state of your body from a non-judgmental perspective can have a great

impact on your weight-loss experience and your life as a whole. This may fly in the face of what we are taught from a young age, which is to not be self-absorbed or conceited, and to always allow room for improvement. Although this has its place in society, these messages have new meaning today which makes it socially unacceptable to appreciate compliments from people or to feel that what we are now is good enough. After all, we can always be a little better, can't we? By dismissing admiration and passing off

our weight-loss success as mediocre, we are depriving ourselves of the enjoyment in life that we all deserve. Another popular saying states: "You can never be thin enough or rich enough." So, if there is always room to be more what happens in the meanwhile? The mindful way is to be cognisant and non-judgmental of the present moment. This can be done by taking the time to look and appreciate yourself on a physical level – your current state of health or your current abilities, for example.

The simple task of standing in front of the

mirror and complimenting yourself on your positive attributes in an authentic and genuine manner can help you become more aware of and appreciate the here and now.

By being appreciative of what you have rather than what you don't also means you are one step closer to living a mindful existence, and by taking time to enjoy small pleasures such as a tasty meal with friends or the fact that you are wearing a bikini for the first time in years can have an incredibly positive impact on your life. There is no right or wrong way of reconnecting with yourself or your hunger, and there is definitely no good or bad way. All one can do is begin the journey to re-learn how to appreciate the moment.



7 TIPS TO BECOME A MINDFUL EATER:

1 Rate your hunger on a scale from 1 to 10 (1 being not hungry at all, and 10 denoting starving). You always want to be about a 7. This will allow you to eat just enough without overeating by being too hungry.

2 Always eat the best part first. By not

saving the best for last you are satisfying that initial craving. This will also ensure that you get the 'best' in before you are full which will assist in not overeating.

3 Think about what you want to eat. If it is a chocolate then great. Eat the chocolate but be aware

of the reasons you want to eat it, how hungry you are for it, and the event of eating it. Also, ask yourself if your enjoyment of the chocolate requires that you eat it all or merely savour a few small bites for the taste.

4 If you are an emotional eater

play the 'am I hungry?' game. If you are hungry then refer to point 1. If you aren't then perhaps there is something else that has driven this impulse to eat. Think about how you will feel after you eat to manage your emotions, then consider your other options such as running

a hot bath or going for a walk or getting some exercise. If you choose to eat, do so mindfully. Be aware of that moment and bear in mind how it makes you feel, and how it is helping to satiate and quell that impulse.

5 Do not deprive yourself of any food or food group. The more

you deprive yourself the more you are likely to binge on it later.

6 If you are full but still want to eat, take the rest as a take-away and eat it later.

7 Enjoy your food. Taste it, savour it, and truly appreciate it – you will thank yourself later.

FOUR SIMPLE STEPS

My planning follows these four simple steps. Look around and you'll likely find lists that are much longer, but I'm of the opinion that simpler is always better when it comes to something as important as weight loss. My four steps are:

1. Setting overall goals
2. Identify obstacles
3. Find solutions
4. Set a time frame

Break down your goals in terms of these four steps, but limit yourself to 1-2 sentences apiece. This will ensure that they are clear and concise. Here are some examples to get you started:

4 STEPS TO A BETTER YOU

SETTING YOUR FAT-LOSS FOCUSED GOALS AND HOW TO REMAIN MOTIVATED TO ACHIEVE THEM

2. Find solutions

It may not seem like it after years of disappointment but trust me, your problems have solutions. For example, if you tend to make poor food choices while on the go, make it a point to educate yourself on healthier options out there or plan ahead by preparing your meals before heading out.

Make sure each solution is realistic according to your lifestyle, but don't pass up the opportunity to transform your lifestyle for the better. For instance, if hitting the gym after work isn't always feasible because of after-work obligations with family or work deadlines, then consider going in the morning every other day during the week to get it out of the way, even if you know waking up a bit earlier will be a struggle for a while.

In a similar situation, I identified that food was always the biggest issue for me. My solution was to

take a more balanced and sensible approach if I wanted to make it through contest prep and finally get on stage. Instead of an 'all or nothing' meal plan approach, I included a mid-week treat and a weekend treat meal, and didn't hesitate to go out for a meal with friends or family during the week. I was really busy with work when I was prepping for my first show, so lunches out with clients were part of my job. I just made healthier choices each time so that I could still enjoy these meals out, while staying on track. Trust me, it's doable!

PREP YOUR FOOD FOR THE DAY SO YOU DON'T MAKE UNHEALTHY CHOICES ON THE RUN.

TRY GYMING IN THE MORNING IF YOU DON'T FIND TIME DURING THE DAY.



3. Identify obstacles

This is where your past experience can help. Identify obstacles that have prevented you from achieving your goal up until this point. If you've never had a 'fit' level of body fat before, what prevented you from achieving it? Was it making the time for consistent, quality training? What about poor nutritional habits during your work day, at home, or both? Do you start off with an unsustainable approach from the start, which only sets you up for failure? If you can identify the obstacles ahead of time, you'll be better prepared to combat them when they arise again.

An example of one of the obstacles I've faced before is: Myself. By being too nervous and not thinking that I would ever be capable of achieving a stage-worthy physique, I would start out by cutting calories drastically, and would train hard for a week, only to end up falling off the wagon after a week or two because this approach was too restrictive. I was my own worst enemy.

4. Set a time frame

Set both short- (weekly or monthly) and long-term (the next three, six, and 12 months) time frames to achieve your goals. Having these overlapping deadlines helps you turn an immediate goal into a stepping stone to a larger one.

For the short term, you could challenge yourself to only eat out at restaurants three days each week instead of five, and instead have healthier meals at home. Each time you replace one unhealthy meal with a healthier option, you'll be one step closer to achieving your overall goal.

In terms of my time frame, each week I would take progress pics, assess my measurements and look back on the week. I knew the ultimate countdown began from 12 weeks out, so I wanted to ensure I was making progress in some way during each of those weeks, be it with posing, making healthier food choices, or reducing my dessert servings from three or four times a week to just once, to seeing more definition in one muscle group, getting stronger, or dropping a dress size. Whatever it was, I set new weekly or bi-weekly goals that helped keep me on track for the full 12-week process.

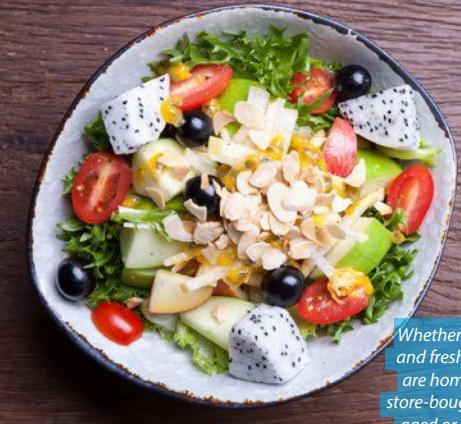
Setting these smaller goals as benchmarks throughout the duration of my prep cycle made everything far more attainable, as opposed to just starting day one with a single goal of being stage ready in 12 weeks.

In closing, I would like to leave you with this bit of advice to keep you going. If you lack motivation, dig deep and ask yourself "why did I start this process?" Remind yourself what was going through your mind when you set these goals, and imagine how amazing it will feel when you reach them. Consider how achieving that goal will impact you and change your life for the better when you finally attain it.

Always remember that every little bit counts. Progress is progress, no matter how big or small. Every little bit also adds up to deliver a huge result!

SET A GOAL:
FOR EXAMPLE
'ACHIEVE
SIX-PACK ABS.'





LEARN HOW TO DESIGN YOUR OWN SALAD.



EVERYONE'S TASTEBUDS AND DIETARY REQUIREMENTS ARE DIFFERENT.

To ensure you get exactly what you need, without sacrificing on your favourite summer flavours, learn how to design your own salad. Fresh and easy, this do-it-yourself salad tops our list of go-to recipes for sumptuous, scrumptious summer meals.

DIY summer salads

HOW TO DO IT:

1. CHOOSE A BASE,
2. CHOOSE YOUR BASICS,
3. ADD SOMETHING EXTRA,
4. PICK THE PROTEIN,
5. SELECT A DRESSING.

YOU'LL NEED:

- A BIG BOWL
- CUTTING BOARD
- AND PEARING KNIFE
- SALAD SPINNER



your options

BASE GREENS:



Tip: Combine two base greens for diversity in texture and taste – this will be the bulk of your salad, after all.

PROTEIN (LIMIT 1 SERVING TO 100G):



Tip: Grilling is best to remove excess saturated fat – there is loads of healthy polyunsaturated fats in the seed and nut ingredient options, with additional saturated fat from cheese so it is best to cut calories where you can.



Tip: Use the salad spinner to wash and remove excess water from salad greens.

THE BASICS:



SALAD SECRET:
The secret to a memorable summer salad is to always include a sweet surprise in the mix – just keep it healthy! Fruits are a great way to do this.

FRUIT OPTIONS:



Tip: Berry up! They are great options as they are low in fructose – fruit sugar – and are packed full of antioxidants.

SOME CRUNCH:

Raw almonds
Raw walnuts
Sunflower seeds
Assorted seeds
Bean sprouts
Cucumbers



Be frugal with fructose: Limit or avoid fruits that have a high fructose content such as apples, pears, cherries and grapes, especially if you're using fatty meats in your salad.

CLASSIC DRESSINGS:

Balsamic vinaigrette
Olive oil
Reduced fat dressing
Low-fat yoghurt
Cottage cheese



LACKING FLAVOUR? THEN SPICE IT UP A BIT!

GREAT OPTIONS INCLUDE:

Dill or chives
Basil
Parsley
Mint
Oregano
Thyme



TASTE TEMPTATIONS (USE SPARINGLY!):

Blue cheese
Mozzarella cheese
Ricotta cheese

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Meal prep 101:
Plan and prepare your meals every 3-4 days rather than weekly. This makes it easier to stick to your healthy nutrition plan and avoids food spoiling after 4 days.



kitting out YOUR KITCHEN

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CREATING YOUR
BEST BODY OUTSIDE
THE GYM.

1

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The Box SM from Fitmark is a food organiser that fits into your busy life. It's lightweight and portable, with tough polyester and a heavy-duty handle. Easily organise your meals with two large seal-tight containers and two cool packs (both TSA approved). The Box Small makes it simple to go to work, hit the gym and still have a healthy meal eight hours later. *Available from www.chrome.co.za.*

2

WHIRLPOOL JETCHEF

The Whirlpool JetChef combination microwave oven provides convection, grill and microwave cooking options, in addition to a few unique features and accessories. Special sensors that continuously monitor and automatically adjust the oven's performance delivering results, and more efficient power usage. Numerous cooking functions will allow users the ability to create varied and healthy dishes. It also comes equipped with a timer that takes the guesswork out of cooking thanks to pre-programmed recipes. *Visit www.whirlpool.co.za for more info.*

3

BREVILLE ALL IN ONE

The Breville All in One can blend, process, mash, slice, whisk and chop vegetables into different sizes, all in one compactly designed machine. Two standout features are the stick blender and variable slicer attachments. The Breville All in One also reduces suction by up to 80%, making aeration more manageable. This speeds up the blending process resulting in a smoother soup, puree or juice. *Visit home.co.za for info.*

4

BRAUN IDENTITY HAND BLENDER (MQ 5 VARIO)

The Braun Identity hand blender puts maximum precision into your hand, for guaranteed blending results. A variety of different attachments allow you to do everything from chopping to blending to slicing and more. It includes new masher attachment and a French fry slicer, which expand cooking possibilities even further. The blender comes with Braun's patented PowerBell® technology to produce finer blending results with a unique anti-splash design that ensures the kitchen remains clean. A strong 750W motor delivers powerful performance, while the speed adjustment wheel and ergonomic grip offers single-handed control.

BY DANI WATERSTON, MA (Research Psychology), BA (Hons) Psychology and Consulting Nutritionist

LOST IN TRANSLATION

ALL TOO OFTEN I COME ACROSS MICROWAVEABLE 'READY-TO-GO' MEALS AND CONVENIENCE FOODS AT GROCERY STORES

with packaging and branding that screams "easy to prepare" and "delicious to eat!"

While these qualities may be enticing to time-strapped consumers, this convenience comes at a cost. The messaging is often also deceptive in relation to what's inside – a mismatch between what the product promises to deliver and what is actually listed as ingredients.

The trouble, for most of us at least, is that we don't know how to make this connection because reading and understanding product labels in the world of ready-made meals often seems like a foreign language.

More often than not, anything that is pre-packed and ready to be eaten, whether it be a chocolate or a chicken a la king microwave meal, can be slightly misleading to the would-be-eater particularly in terms of serving sizes and portions. Do you know how much you actually have in front of you and how much of it you should actually eat?

For example, chocolate bar packaging will list the amount of calories in a serving size which is about 25g. On average, let's say that equates to 80-100 calories. For the ill-informed they might think "great! I'm going to have the whole chocolate bar as there are only 100 calories in it." However, the reality is that this ideal portion is but a fraction of the entire chocolate bar. It's not uncommon for chocolate bars to be 100g per bar – effectively four 'portions', yet we often devour the entire thing as we don't make the connection.

What about the labelling of 'fat free' or 'sugar free'? Do these descriptions also involve half-truths and if so how do you know what decision to make? It seems to be a

bit of a paradox that food label laws have become significantly stricter about what they should convey, yet food manufacturers have simultaneously made their product labelling more convoluted. This virtual cacophony of information will confuse just about anyone who takes an interest in what they eat.

When reading labels it's always important to bear in mind the suggested serving size of what you are eating, the actual size of the product, as well as the calories or kilojoules stated on the label. Kilojoules and calories are units of measure that denote how much energy a certain food contains. If a food label states calories instead of kilojoules, it's easy to convert these numbers: Simply multiply the calories by 4.12 (1 Kcal = 4.12 KJ). This will then allow you to work out the serving size you are after.

However, if you want a specific serving size which is not part of the 'recommendations' on the label it is easy to work that out too. One serving size of any food group with nutritional values should be around 80 calories (330 KJ). This is a rule of thumb which will allow you to figure out how many portions the packaged food or meal you just bought contains.

In addition, nutritional information must be listed for each 100g of solid food or each 100ml of liquid, and for the recommended serving size. In this regard, it is essential to remember that the serving size is often smaller than what people typically eat. There may therefore

IMPORTANT!
ALWAYS LOOK AT HOW MANY KILOJOULES OR CALORIES ARE DERIVED FROM CARBOHYDRATES AND FATS. THIS IS ESSENTIAL WHEN FOLLOWING A LOW-CARB OR A LOW-FAT DIET.



MISINTERPRETING OR MISUNDERSTANDING THE LABEL COULD RESULT IN AN OVERCONSUMPTION OF CALORIES IN THE MAGNITUDE OF 3-4 TIMES THE RECOMMENDED SERVING.

be multiple servings contained per package, per meal or per product, just like the chocolate bar example already mentioned. Misinterpreting or misunderstanding the label in this regard could result in an overconsumption of calories in the magnitude of 3-4 times the recommended serving.

Next, always look at how many kilojoules or calories are derived from carbohydrates and fats. This is essential when following a low-carb or a low-fat diet. The ability to determine macronutrient ratios should also highlight key trends, such as low fat foods are generally higher in added sugar and vice versa.

It's just one more way the food industry creates illusions to help sell more products – commonly known as health halos. Foods like granola or muesli, bran muffins and honey are perceived as wholesome and 'healthy'. However, they are also packed with sugar and/or fat. If you do not read the label properly it is easy to mistake these foods as nourishing alternatives to their sugar-laden counterparts.

Always remember the size of a meal and the suggested serving size are, more often

than not, completely different to one another. In addition, just because something says it is 'free' of something does not mean it is free of calories. You can never have too much knowledge but you can definitely have too many calories!

A few examples of ambiguous food labels:

• Certain biscuits labelled 'lower' in fat are merely smaller than the 'full fat' version. For example, the 'lower fat' biscuit may weigh 17g, whereas the original biscuit weighs 34g. So, gram for gram they actually contain an equivalent fat content.

• Fruit juices with 'sugar-free' labels can still contain natural fruit sugar (fructose), which still means they have a high sugar content.

• Enriched drinks may have label claims such as 'vitamin-enhanced' or 'antioxidant-rich' which most individuals will perceive as healthy. However, check the labels as these drinks often contain a large amount of sugar or artificial colouring, which actually makes it an unhealthy option. 



About the author:

Dani Waterston is a competitive Bikini athlete and fitness model, a USN and E-Fit brand ambassador, and a consulting nutritionist. She also holds a master's degree in psychology. This combination of knowledge and experience has helped her create a foundation that enables her to understand health and fitness on a deeper psychological and emotional level.

FINDING THE BALANCE BETWEEN **CREATING A BETTER BODY AND A HEALTHY LIFESTYLE**

**SHE
LOST
18 KG!**



Theresa Jenn LOPETRONE

While growing up in Canada Theresa Jenn Lopetrone always wanted to be fit, but she wasn't sure how to achieve her goal. "I didn't grow up as an athletic child, teenager, or even young adult, but I knew I wanted to be an athlete. I remember reading my first health and fitness magazine and I instantly felt reassured that maybe I too could make a transformation to a healthier lifestyle," she recalls.

Soon after following the magazine's meal plans, tips and workouts, Theresa started to see a difference in her physique. However, the benefits of eating clean and working out came to an end when she let the stress of university consume her. "I found emotional comfort in overindulging in food and before I knew it I gained 14kg in less than six months." That meant Theresa reached her heaviest weight ever at 78kg.

HER VICES

Theresa explains that she found out just how easy it is to gain weight when you're eating cheese and chips at two o'clock in the morning. "In addition, I was raised in an Italian home where all meals are to die for and always available. I still remember the day I tried to put on a pair of my 'fat jeans' and they wouldn't go past my thighs. This was the defining moment for me. Portion control and moderation were my main issues but at the time I just thought that I

liked to eat more than others."

Shortly after reaching her lowest point, Theresa started reading up on and researching how to eat clean. **"I learned the essentials of clean eating and the importance of turning this into a lifestyle.** At that time, my boyfriend John (who is now my husband) helped me incorporate the principles of clean eating into everyday life, in addition to going for daily 2km jogs and learning how to lift weights. There were many days when I was frustrated with the number on the scale but the one piece of advice that got me through was John telling me not to focus on that figure. He would always say that I need to do this because I want to be healthy. With that everything else will come, he would reassure me. And that is exactly what I did. **Over the year I was able to lose the weight and in exchange I gained some confidence and improved health. Finally I was starting to feel closer to my old self again.**"

In an effort to find another physical challenge, Theresa discovered CrossFit and after a year of training in this manner she noticed that her body fat had decreased, her strength had increased, and she finally had some muscle definition. "I never knew that was possible until then. That's when the thought of competing in a fitness competition, which had been brewing in my mind for over eight years, started

HER FAT-BUSTING LEG WORKOUT

EXERCISE	SETS	REPS
SUPERSET 1:		
Barbell deadlifts	4	8-10
Prowlers from 1 minute back and forth		
SUPERSET 2:		
Kettlebell goblet squat	3	15-20
Box jumps for 1 minute		
SUPERSET 3:		
Bulgarian split squat	3	12-15
Glute bridges with back on bench	3	15

THERESA SAYS:

"One vital lesson I have learned is that a fit body in appearance does not always equal a healthy body."



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WORKOUT
IN FATLOSS
MAGAZINE**



LOVE YOUR BODY

HAVING CONFIDENCE AND A POSITIVE OUTLOOK ON YOUR HEALTH IS THE BEST AND MOST EFFECTIVE WAY TO STAY MOTIVATED

to seem like a realistic goal. I began researching the industry and I studied the federations, competitions, categories, and the athletes. I even went to see my first fitness competition to learn more."

Theresa recalls how inspired she was by this competition, which is when her search for a coach in the fitness industry began. "This is when I found the missing piece to my puzzle, my coach. Together we made good progress and in September 2011 I competed for the first time and won first place. After getting my feet wet I prepared for my dream – competing with the WBFF, which I did on 23 June 2012 for the first time and I won my pro card as a Fitness Model. Life as a pro athlete, being published, landing several covers, and becoming a sponsored athlete with Optimum Nutrition and ABB Performance soon became my reality, which proved to me that dreams really do come true when you are passionate and work hard. I am truly grateful for everything that has come my way and for the unconditional support from my coach, the amazing women from my team, and everyone who has supported my journey since the beginning."

Aside from losing weight and successfully completing competition preps, Theresa has also recognised that what happens after these milestones is much harder and greater than any competition ever will be. "In the fitness industry there's this misperception that once you lose weight or get 'fit' that you'll remain this way and there are no longer any obstacles to overcome,

but this couldn't be further from the truth. One vital lesson I have learned is that a fit body in appearance does not always equal a healthy body."

She explains that, over time it has become acceptable for women to go to extremes in the gym, obsessing over and restricting food, and dieting until their body's vital energy stores have been depleted, which is when they put their health at risk, all for achieving visible abs or being 'shredded'.

"Each of us faces daily challenges and we all have the options to either quit or push further. Over the last four years of being immersed in the fitness industry I have realised that we each have the key to unlock our own happiness and that we will continuously learn through making mistakes – what

QUICK FACTS

Born: Windsor, Ontario, Canada

Sponsors: Optimum Nutrition and ABB Performance

Occupation: School teacher, fitness model and coach

Age: 35

Before Weight: 78kg

Before body fat: 32%

After weight: 60kg

After body fat: 14%

Birthday: 23 January 1980

Hobbies: Cooking, photography, ultimate Frisbee, and hiking.

Find out more:

www.theresajennlopetrone.org

Theresa Jenn

@theresajenn

@theresajennhealthandfitness

@theresajenn

I refer to as failing forward. My goal is to continue to become the best version of myself, learn through my mistakes and help inspire and empower women to do the same. I am committed to making an impact on as many lives as possible, one day at a time. I always aim to inspire and be inspired."

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TERESA REGAINS HER BODY AFTER BEING AN EMOTIONAL EATER



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